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Lifestyle, travel, health, and dining on Pages 20 and 21.

BCBC to help fund driving courses. See Page 4.

Dogs Trust rehoming barn opens

BURDER'S Barn, named after late CEO Adrian Burder, was officially opened on July 17 by members of the Burder family and staff at Dogs Trust.

The new space will provide support to the dogs that pass through the doors of the Pen-y-Fai rehoming centre. Dogs Trust Bridgend's team of training and behaviour advisors and carers can provide extra training and rehabilitation for up to 50 dogs in their care at one time.

Please turn to Page 5.

School bus consultation in September

BRIDGEND County Borough Council is proposing major changes once again to its school bus transport policy.

The council said its current arrangements were "unsustainable" and the proposals would save £775k. The local authority's plans include: removing all transport for nursery pupils, removing all post-16 transport, withdrawing transport for all learners benefiting from an "identified and available" safe route to school – in line with statutory distances of two miles for primary school pupils and three miles for secondary school pupils; removing the 'sibling' and 'in receipt' protection for pupils and removing escorts from all taxis and minibuses of less than eight passengers – except for those transporting pupils with special educational needs.

The last changes made to the policy were in 2015 but legal challenges from parents questioning the safety of certain routes to school meant much of it was not implemented. The council said it was now satisfied that it had identified all the safe walking routes to schools by completing relevant assessments and consultations.

In revisiting the policy, the council is also looking to cut its free transport for nursery children and post-16 students. Education officers said there was a £1.1m overspend on school transport for 2018/19 and changes in demographics and demand meant that in 2019/20, an additional £470k had been necessary to support the budget.

A report by education officers, which will go before cabinet, said the proposal to remove discretionary transport was 'not taken lightly' but continuing its free provision would 'have a significant impact on the ability of the local authority to support and sustain other critical services long-term'.

On July 23, cabinet members were asked to approve a 12-week consultation on the proposals.

The proposals include:

- Removal of all transport for nursery pupils with a potential saving of £40k.

Home-to-school transport for nursery pupils is non-statutory and the council currently provides it by discretion.

For the remainder of the story, turn to Page 3.

Don't let 'black dog' get you down

INTRIGUED? Turn to Page 3 for the full tail of Andy and Monty.

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Independence day for Mario

A FIVE-year-old Bridgend boy's wish for more independence will be granted this week, thanks to the Make-A-Wish charity.

Mario Nicu was born with muscular dystrophy, a genetic condition that gradually causes the muscles to weaken and leads to an increasing level of disability. He has used a Tiny Trax wheelchair on lease, but has to pass it on to another child for their turn. This week, thanks to the Make-A-Wish cause, he will get his own Tiny Trax wheelchair.

After hearing about the charity from Tiny Trax, who manufacture powerchairs for kids, Mario's mother Ana-Maria put in a request for his own red wheelchair. She said: "Mario is such a wonderful little boy, who never lets his disability hold him back. It will be wonderful for him to be able to grow up with the freedom and independence that his own Tiny Trax wheelchair will afford – he is so happy and excited for it to arrive."

Make-A-Wish UK grants life-changing wishes to children with critical illnesses. **TC**

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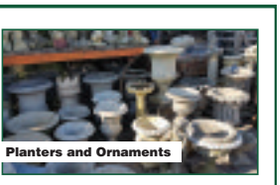
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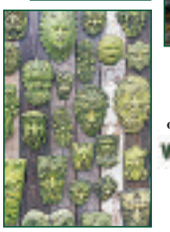
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• Letters and e-mails MUST include your FULL address, contact telephone number. We reserve the right to edit all letters. We do NOT accept anonymous mail.

Thanks after fall

PLEASE can I thank the people who helped my son when he collapsed in Bridgend on Wednesday, July 3?

He collapsed first in Greggs' and then outside the card shop, where he fell on his face.

He was given a chair to sit on, chocolate and first aid.

A gentleman from Superdrug came and cleaned my son's face; and I also wish to thank the lady who phoned for an ambulance, which I cancelled, but she stayed with me until my son was able to get on the bus.

Thank you all for your help.

Lesley Davies,
Bridgend

Change to library services in Bridgend

THE reference library in Bridgend is set to move to Maesteg to pave the way for further development on the Sunnyside site.

The service is currently in the Tŷ'r Ardd building at Sunnyside alongside the registrar's office, is relocating to the council's civic offices. Housing association Linc Cymru is developing the old Sunnyside council offices and magistrates' court in Bridgend and plans to add further housing on the Ty'r Ardd site. A former day centre, Ty'r Ardd was converted in 2011 to house the registrar's office and the reference library.

Plans going before BCBC's cabinet on July 23 would have the local and family history service move to Y Llynfi Library at Maesteg Sports Centre on a temporary basis. It would then move to Maesteg Town Hall after its planned £6m redevelopment. Council officers said the library at Maesteg Sports Centre was the only suitable and cost-effective location for the service. The reference library receives around 6,000 visits a year.

Cabinet members will be asked to approve a review by the local authority and Awen Cultural Trust, which is likely to result in service cutbacks. BCBC transferred the operational management of a large range of cultural services, including the library, to the AWC in 2015. The local authority needs to reduce the management fee payable to Awen by £150,000 between 2019 and 2021, reviewing the number of libraries and reductions in services or opening hours. While some of the savings had been identified, there remained a shortfall of £70,000. Officers said any proposals arising from the review would be subject to a further report. **LDRS**

Civic Trust wants more 'engagement' on Salt Lake

ON behalf of the Porthcawl Civic Trust Society, I would like to comment on the two articles that appeared in your paper on June 20 regarding the plan put forward by Bridgend County Borough Council (BCBC) to sell off the Green, a Public Open Space adjacent to Salt Lake car park, for a supermarket.

There are a number of points to be made.

In BCBC's official notice of disposal, the wording suggests that the only area included was the Green though the Society has since learned that the whole of Salt Lake and the Green is involved. This error has been pointed out to officers but they seem unconcerned even though this has meant that organisations and individual members of the public have been denied the opportunity to raise any objections to the proposal.

BCBC planners have stated that 'the site is not laid out as a formal open space' but this is irrelevant as 'public open spaces' do not have to be formally laid out. In addition, the area was actually described as a 'public open space' in the BCBC's own notice of disposal and over recent years the area has been used for dog shows, armed forces displays, police engagement and trade fairs

It is also stated that 'a new supermarket should improve the commercial vitality and viability of the town centre'. Perhaps the planners could explain their rationale behind this conclusion. The Society's concern is that, by placing the supermarket at the edge of the town, shoppers will simply drive in, do their shopping and then drive away.

By placing the supermarket at the end of Dock Street, there will at least be more of a chance that shoppers will make a detour into John Street. Hillsboro car park was, of course, the location preferred by BCBC when the earlier regeneration plan was produced in 2007. It is recognised that making land available at the Green for a supermarket is the easy option but not, in the Society's view, a good option.

Planners have commented that one of the reasons for placing the supermarket at the Green is because they want 'to retain the existing public car park at Hillsboro Place to keep car parking as close to the town centre as possible.' However, BCBC have previously expressed the hope that a hotel will be build at the end of Dock Street which will, in itself, result in a loss of car parking facilities. The Society is simply suggesting that the location of the two developments are changed round.

And finally, the Society makes no apologies for again suggesting that BCBC call a town meeting so that residents are given the opportunity to comment on the regeneration plans. The Society has had discussions with a number of organisations and it is clear that there is widespread opposition to the pattern of development proposed by BCBC. One problem is that our own councillors are barred from attending the Regeneration Team meetings, the team being made up of BCBC' officers.

As a result, we have to ask whether they have any real 'feel' for what the town wants and needs.

Don Tickner
On behalf of the Porthcawl Civic Trust Society

A spokesperson for BCBC responded: "Engagement regarding the regeneration proposals for Salt Lake is ongoing and includes the regular involvement of the local county borough councillors.

"The council is preparing to carry out further public engagement once a masterplan has been drafted which outlines proposals for how land at Salt Lake could be used, but a food store element is a crucial part of ensuring the success of the regeneration strategy.

"As regards concerns over the use of the word 'disposal', an agreement to dispose of any land classed as public open space is just one of many legal processes that must be in place before the site can be transformed into something that will benefit residents and visitors alike.

"The Salt Lake regeneration has the potential to secure Porthcawl's future as a premier seaside town. It will create new jobs and homes, and deliver fresh investment into the local economy that will benefit the area for generations to come.

"The council hopes that as many people as possible will take part and have their say when the public engagement takes place later in the year."

Cheque for Sandville Centre

Presentation of a £1,000 cheque by president Tony Gates (left) of Bridgend Lions Club to Gwyneth Poacher (centre), with volunteers in the sunny garden of Sandville Court.

'No GP appointments at weekends or evenings' claims AM

NOT a single GP surgery in Bridgend is offering evening or weekend appointments to patients, said Welsh Conservative Regional AM Suzy Davies.

Mrs Davies has asked the Cwm Taf Morgannwg Health Board to list how many practices in the area were offering appointments after 6.30pm in the evenings and on Saturday mornings. She was told that out of the 16 practices in the area, not one was offering any extended hours.

Mrs Davies said: "The Welsh Labour Government promised some time ago that it would work with health boards and GPs to extend opening hours to try and accommodate those patients who work and for whom a weekday or day time appointment was difficult.

"I decided to see what progress had been made on this pledge and I am shocked to see that no practices at all are able to do this.

"I wish to make it clear that I do not blame our hard-working family doctors who are under increasing pressures because of GP shortages, but I do blame the Labour politicians in Cardiff Bay who have been in charge of our health service for 20 years and who have been the only politicians in the whole of the UK to actually cut health funding.

"Their failure to recruit and retain enough doctors to work in our health service is already having a knock-on effect. A demographic time-bomb is coming down the track as more and more doctors reach retirement age and fewer and fewer younger doctors are available to replace them."

Welsh Water's warning about swim danger

WELSH Water is reminding people of the dangers of swimming in reservoirs as the school summer holidays begin.

Every year, a small number of people attempt to swim in reservoirs across Wales, putting their lives, and the lives of others, at risk.

The dangers of swimming in reservoirs include: dangerous hidden machinery underneath the water, which can sometimes operate without obvious warning; very cold and deep water that can cause even strong swimmers to find themselves in difficulty; most reservoirs are in remote locations, with little or no mobile phone reception, so the chance of rescue is greatly reduced.

Welsh Water's One Last Breath campaign video starkly depicts two teenagers who drown after going into the water at a reservoir on a hot summer's day and the impact that has on their friends and family who are left behind.

The company's Chief Operating Officer, Peter Perry, said: "Reservoirs might seem like a great place to cool off, but they are full of hidden dangers. Hidden machinery, strong currents and freezing temperatures can pull even the strongest swimmers under the water.

"We know the weather is particularly warm at the moment and people are tempted to go for a swim – but I cannot emphasise enough that people are not only putting their own lives at risk, but also the lives of people who may try and help if they get into difficulty in a reservoir."

HIGH TIDE TIMES

The high tides listed in this week's Gem are those in Porthcawl. It should be remembered that along the coast, high tides times will vary. For instance, in Barry the high point will be 20-25 minutes later.

UNTIL AUGUST 1

Date	Time	Height (metres)
25/07/2019	00.16	8.1
25/07/2019	12.36	7.9
26/07/2019	01.09	8.0
26/07/2019	13.38	7.7
27/07/2019	02.13	7.6
27/07/2019	14.52	7.8
28/07/2019	03.26	8.0
28/07/2019	15.59	8.2
29/07/2019	04.37	8.4
29/07/2019	17.08	8.5
30/07/2019	05.36	8.7
30/07/2019	18.04	9.1
31/07/2019	06.33	9.3
31/07/2019	18.54	9.6
01/08/2019	07.24	9.7
01/08/2019	19.44	10.1

While the Gem makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

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School bus consultation to start in September

Continued from Page 1.

A report that went before cabinet members highlights observations by officers of nursery pupils travelling on buses that have identified 'significant health and safety risks principally associated with the age of the pupils'.

• Removal of all post-16 transport – potential saving of £500k. Pupils attending sixth forms in secondary schools are currently able to take the school bus under the same distance criteria as pupils of statutory school age, if they live more than three miles away to the nearest suitable (catchment) school they receive free transport. Those attending further education colleges also receive free transport to the closest college offering the course of their choice, if they live over three miles away.

Sixth form pupils use the school buses provided for eligible pupils of statutory school age, while college students are provided with free bus passes to use the services provided by First Cymru. The council said there was no statutory duty to provide free transport for post-16 learners to school or college.

Withdrawal of transport for all learners benefiting from an identified and available (safe) routes to school with a potential saving of £200k. The proposals will see the local authority withdraw routes under two miles for primary school pupils and under three miles for secondary school pupils, regardless of prior eligibility, 'sibling protection' or 'in receipt' rules.

For pupils attending English-medium schools, free home-to-school transport will be provided to the nearest suitable (catchment) school. For pupils attending Welsh-medium education, free home-to-school transport will apply to the nearest Welsh-medium school within the county. Similarly, for pupils attending a faith-based education, free home-to-school transport is provided to the nearest faith school within the county.

• Removal of 'sibling' and 'in-receipt' protection for pupils. The council said removing the 'sibling' and 'in-receipt' protection for pupils in the current policy would see all children treated equally. The council said that while the number of pupils the original policy affected was relatively small, some parents had challenged it, saying it put children without siblings at a disadvantage.

Pupils who currently benefit from free home-to-school transport at the former distances of 1.5 miles for primary school children and two miles for secondary school children – until they moved schools or moved from one phase of education to another – will lose that protection. Furthermore, siblings of children already in receipt at the former distances will lose that protection.

• Removal of escorts from vehicles less than eight passengers, potentially saving £35k. Escorts are employed by transport operators to ensure children get on and off vehicles safely and to inform the driver of any inappropriate behaviour. However, the council said it was unable to intervene in any behavioural issues and on smaller vehicles, the role was considered limited, as the driver generally had good overall awareness and control.

• Removal of reference to specific examples of discretionary transport. The council plans to remove specific examples from its current policy which might be considered for discretionary travel arrangements. It said that the provision of examples had become 'grounds for challenge' by parents who believed that they were automatically entitled to transport if they fell within any of the categories.

A report by officers states: "Typically, applications are received for a range of medical conditions, anxiety-related issues and emergency situations where a family may be fleeing domestic violence or living in hostels.

"Although the local authority does not maintain a list of circumstances which support the provision of discretionary transport, it has been found that giving examples provided in the current policy limits the local authority's ability to consider applications in these categories."

A 12-week consultation on the proposals is due to start in September.

Liz Bradfield
Local democracy reporter

Take to the hills to beat the black dog

Continued from Page 1

NANTYMOEL resident Andy Caress is calling on local people to take part in a 10km charity trail race with a difference – you run with your dog.

The Beat the Black Dog trail will take place in the Ogmore Valley near Bridgend on Sunday, September 8. The event is being supported by south Wales-based Red Kite Trail Events, including marshalling and prizes.

Andy, who will run with his cocker spaniel Monty, is helping organise the event in aid of the mental health charity he works for, the Charlie Waller Memorial Trust.

The trail will see a runner with a black dog, an expression used by Winston Churchill to describe depression, set off prior to the main group. The main group will then catch the black dog and beat it back across the finish line. As well as those running with their four-legged friends, the race is also open to individuals running on their own.

Andy, schools trainer with the Charlie Waller Memorial Trust, who provides mental health training in schools and youth organisations throughout Wales, said: "Running a cross country trail with your dog is a fantastic way to exercise, as well as great stress relief. I'm delighted to help organise this local race in in support of such a fantastic charity which provides free mental health training to schools, GPs, colleges and universities and in the workplace."

Jon Fletcher of Red Kite Trail Events said: "Being former military and seeing first-hand the effects mental health issues have had on friends and colleagues, when Andy told us about his idea, we were only too happy to help out. Mental health affects people from every walk of life, it has no boundaries and can affect anyone at any time."

Starting from the Ogmore Valley Life Centre, runners head through the village and up into one of the side trails, running through two small streams and heading up into the hills. Running along the hillside towards Nantymoel, the route takes in the views of the villages and surrounding scenery before heading down into Nantymoel itself. The final stretch follows the old mining railway route, past the rugby pitch before following the river back to the Ogmore Valley Life Centre.

To find out more and register for the event, visit www.redkitetrailevents.co.uk or see information see www.cwmt.org.uk.

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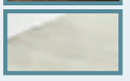
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Dates for your diary

A CREAM tea is being held at All Saints' Church, Victoria Avenue, Porthcawl, on Sunday, September 1 at 3pm. THERE will also be a bar, raffle and light entertainment. Tickets (£10 by ticket only) from Sian on 01656 771734 or Maggie on 07549162208. ALL profits will be split between LATCH and The Sandville.

PACT meetings in Bridgend

THE next PACT and partnership meeting at the Price Centre on July 31 is cancelled.

A Coffee and Chat will be held at the Star Inn, Treoes on Tuesday, July 30 at 11am.

Bettws PACT at Bettws Life Centre on Thursday, August 15 at 2pm.

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Green food on the menu for NFU members

NFU Cymru Glamorgan members recently discussed carbon foot-printing and the impact agriculture has on climate change.

Speaking at the meeting, held at Llantrisant Golf Club Dr Ceris Jones, NFU climate change adviser explained: "Climate change is the greatest and most compelling challenge facing society today and each and every one of us has a part to play to mitigate the climate threat.

"For farmers, this means tackling the climate challenge head on – adapting the way we produce food to help deliver a greener planet for us all."

Outlining the union's ambitions Dr Jones said: "The British farming industry is pushing itself to become net zero by 2040. This does not need to impact on net farm income, and certainly doesn't mean downsizing production or exporting our production abroad. Instead we need to implement a range of methods to improve our production efficiency, capture more carbon on farmland and boost our production of bioenergy and land-based renewables. But effective incentives are going to be vital in each of these areas."

Dr Jones went on to explain how British farming is part of the solution, stating: "As both a sink and a source of greenhouse gases, British agriculture is uniquely placed to be a key part of the solution to the climate challenge. Our unique landscape and diverse farming systems enable us to produce food efficiently and sustainably, and we have been very clear in our ambition to build on this further and lead the way in climate-friendly food production."

Gwyn Thomas, NFU Cymru Glamorgan county chair said: "It's fantastic that we as a county have come together to start to discuss this issue. We all have a role to play in contributing towards the industry's net zero aspiration. It's a very ambitious target and in tandem with the industry's commitment, the government must provide effective incentives to help farmers reach this target by 2040."

The chair thanked Dr Ceris Jones for speaking at the meeting and explaining such a complex matter in simple terms recognising "... the wealth of knowledge we have working on our behalf within NFU Cymru is second to none".

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Mayor opens fete

Ex-pupil Rachel Bold with Cllr Wathan, together with supporters and chair of school governors and Friends committee member Edith Hughes.

EARLIER this month, the Mayor of Bridgend Town Council, Cllr Alan Wathan and his Consort Mrs Wathan, were invited to declare Heronsbridge School fete open.

The sunny weather brought out the crowds, and a total of nearly £4,000 was raised. The Mayor was also very pleased to announce that his nominated charity for his Mayoral year is the Friends of Heronsbridge School.

The Mayor said: "I am especially pleased and very honoured that the Friends of Heronsbridge School have agreed to be my nominated charity. The Friends are a small but dedicated group of volunteers who use their spare time to ensure the pupils get the support they need, which is unavailable through regular school funds. I am looking forward to hosting my first charity event on October 31 – a 'Witches and Wizards' morning at Carnegie House featuring real owls."

Back to school for U3A

AT the beginning of July, 24 members of Porthcawl U3A went back to school... to give the sixth formers of Porthcawl Comprehensive School practice in forthcoming job and university interviews.

During the course of the morning all 142 pupils in the year group were given a 10-minute interview followed by feedback. The interviews were not job specific, but included questions such as: "What have you achieved in school so far?" "How do you spend your free time?" and "What are your plans for the future?"

The aim was to give the pupils confidence in presenting themselves in the best light, and having interviewers from the outside world made the experience more real. The U3A volunteers were impressed by the calibre of the pupils, who had been well prepared for the interviews. Clare Crooks, head of sixth form, said: "We really appreciate what Porthcawl U3A do by coming in and giving our students this experience. It really boosts their confidence."

Bridgend Quiz League

HERE are this week's teasers from the Bridgend Quiz League to test your knowledge:

1. By what name is rapper Patrick Chukwuemeka Okogwu better known?

2. In the 1948 winter Olympics, 18 year-old Richard Button became the first American to win gold in what event?

3. The M96 motorway in Gloucester, not open to the public, is exclusively used for what purpose?

SK

Answers: 1. Tinie Tempah; 2. Figure skating; 3. To train firefighters.

glamorgan-gem.co.uk

Choir holds its annual luncheon

THE choir's annual luncheon this year was held at Court Coleman Manor, Bridgend.

The event is always very popular and this year was no exception with 109 choristers and guests in attendance.

The after-luncheon speech was delivered by Jason Mohammad who was inspirational, anecdotal, approachable and kept guests engaged and attentive. An auction followed and the generosity of bidders was appreciated.

The musical talents of singer/songwriter Bronwyn Lewis, who gained a role in the BAFTA award winning film *Pride* and appeared on *The Voice*, captured the hearts of the audience with her beautiful voice and varied repertoire. Bronwyn kindly sang some of the choir's repertoire in both Welsh and English and delighted choristers.

The choir would like to say a huge thank you to all those who donated.

Jan Craddock

Paralympian lets the train take the strain

ONE of Wales' top Paralympian athletes has teamed up with Transport for Wales to show how accessible the railway is.

In a video being launched as part of Disability Awareness Day, Nathan Stephens shows how to plan your journey, book assistance, negotiate a station environment and travel safely on board; Nathan boards a train at Bridgend and travels down to Swansea.

"The process was really good and I was really impressed," said Nathan, 31, from Bridgend. "The majority of my travel has always been me driving because my experience of public transport hadn't always been the best; but the journey was stress free and the passenger assistance at Bridgend really good.

"I'm looking forward to the new trains and stations making things a lot more accessible and this is something I'm going to be doing a lot more often."

BCBC to fund 'Pass Plus' courses for newbie drivers

MORE than £3.6m worth of transport and active travel changes will be made in Bridgend County Borough over the next year, through grants from Welsh Government.

A total of £3,657,980 has been awarded to Bridgend County Borough Council (BCBC) to fund construction work of new safe routes for pedestrians and cyclists, new active travel routes, accessibility improvements at a number of bus stops, and to provide road safety and cycling training for schoolchildren as well as Pass Plus courses for new drivers.

Some of the funding will also be used to carry out feasibility studies into traffic flows on the Penprysg Road bridge which crosses over the railway line in Pencoed. The study will look into the possibility of a new road bridge which would enable the level crossing on Hendre Road to be closed, improving capacity on the South Wales mainline.

The active travel changes being planned by the council include new shared pedestrian and cycling routes linking Brackla to Bridgend town centre, between Pencoed and the Pencoed Technology Park, a route connecting Coychurch with both the Waterton Industrial Estate and Retail Park, and improvements around Coity. Work on all these schemes is due to start in October and be completed by spring 2020.

A S

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Pat has a head shave for Velindre

Pat Lake, before getting the chop for Velindre.

AN 80-year-old lady from Cefn Glas in Bridgend recently had her head completely shaved for charity.

Although charity head shaves are relatively common these days, surely there can't be many octogenerians who take the plunge!

In Pat Lake's case, it is not the first time that she had raised funds through a head-shave, and each time she has done so to help Velindre Hospital.

Family friend Carol Thomas reported: "Pat thought it would be a novel way to celebrate her 80th birthday but unfortunately she became unwell and it was postponed.

"The big moment arrived recently.

"For Pat, it was in memory of her grand-daughter Kristie Lee, and it took place at the Riverside Tavern, Bridgend, where many people turned up to cheer her on!

"The tavern was bouncing with music and laughter.

"Donations flooded in including a £100 donation from Bridgend Lions Club which took the total amount raised for the Velindre Cancer Care to £1,000.

"A wonderful effort from such a remarkable lady.

"Well done Pat from all family and friends."

The hairdresser puts the finishing touches to Pat's shave at the Riverside Tavern.

The Burder Barn opens in Bridgend

Continued from Page 1.

This procedure particularly assists those with specific behavioural needs to help increase their chances of finding a loving new home.

Not only will it be space for the 600 rescue dogs that come through the rehoming centre doors each year, but it will support dogs and their owners across south Wales through Dogs Trust's dog school, training classes based on positive, reward-based techniques to give both owners and their dogs the skills needed to understand each other and build a life-long relationship.

Mr Burder believed that providing advice and support to dog owners so they could work through any behavioural issues would mean they were less likely to give their dog up.

Angela Wetherall, Dogs Trust Bridgend's manager, said: "We haven't had a space of this size before so we know it's going to be extremely well-used, and we feel lucky to have this great facility.

"Our late CEO, Adrian Burder who we sadly lost last autumn, championed everything about dog welfare and it seemed only right to name this new facility after him, hence we have called it Burder's Barn. This is testament to his dedication to improving the lives of not only the dogs we care for, but those across Wales."

Animals at Dogs Trust Bridgend experience many different types of training with the training team and canine carers: from recall, socialisation and other techniques such as 'sit' and 'stay', to training such as conquering fears and learning to trust people. It also provides a warm, dry space to train in when the great British weather isn't on our side.

Angela added: "The staff work so hard to ensure the dogs in our care are well looked after and that includes investing in their training and behaviour. I'm sure it's going to go down well with all of the dogs, both at the centre and those who we continue to support once they are in their new homes."

Donor mother to run 10k for kidney charity

A MOTHER from Bridgend will be running in this year's Cardiff Met Cardiff 10k to raise money for the charity Kidney Wales.

Anna Goode donated her kidney to her son Josh in 2015; Josh had multi-system organ failure four weeks after being born which caused permanent damage to his kidneys.

Anna was a suitable match, and when Josh turned 16, she and her son underwent the transplant operation and all went well. Josh made a quick recovery and Anna spent six months off work to recover, with the support of her family and Kidney Wales.

With this year's Cardiff 10k approaching, Anna, Barrie and Josh (now 20) are looking forward to the race and fundraising for a cause close to their hearts.

Anna said: "We've done lots of fundraising for Kidney Wales before, but I have never run the Cardiff 10k, so I wanted to give it a go. We've received a lot of support from the charity while looking after Josh and we want to help raise some money that can help other families too.

"Josh and Barrie are both very fit so they're ready for the race; I've never done anything like this before though, but I know that the atmosphere and adrenaline will kick in on the day to get me through it. I'm just hoping that it doesn't rain."

Renewed appeal over cemetery theft

SOUTH Wales Police has renewed its call for information on a crime that shocked people in Porthcawl.

At 3.45pm on June 27, a couple in their 80s were visiting family graves at Nottage cemetery when someone smashed the passenger window of their car and stole the woman's handbag. It contained keys, credit cards, new glasses and an address book.

They had parked outside the cemetery because the gates were closed.

The woman said that over a month later she is still distressed by the "disgusting" incident, has difficulty sleeping and is anxious that the person responsible is caught. She says the road is busy and she thinks somebody must have seen something.

Last week South Wales Police issued another appeal for information.

A spokeswoman said: "We received a report of a theft from a vehicle on June 27. A woman had her handbag stolen from a car while it was parked near Porthcawl cemetery at around 4pm.

"The suspect smashed the front passenger window to take the handbag from the footwell. Anyone with any information can call 101 quoting reference 1900232085 or call Crimestoppers anonymously on 0800 555 111."

www.glamorgan-gem.co.uk

Joan takes over at Porthcawl Lions

It was presidential handover time recently at Porthcawl Lions Club, as Rhys Lewis concluded his year in office and handed over to Joan Cosson (pictured above, centre). They were joined in the picture by the president elect for 2020/21, Lorrie Desmond-Williams (right).

Olympian Dani is on the right track

A BRIDGEND primary school recently had a visit from an Olympic athlete when Dani Rowe, who won a gold medal in the women's team pursuit at the London 2012 Olympics, was guest of honour at Oldcastle Primary School.

Samantha B
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Crowds are out in Porthcawl

Porthcawl Carnival organisers breathed a sigh of relief when the heavy rain that descended on the area on Friday cleared away for Saturday.
The carnival procession, featuring 'walking' entries and floats, was greeted throughout the town by enthusiastic crowds, while the carnival field at Porthcawl RFC's South Road ground was packed.
The prize for best float went to the Ancient Briton pub in Newton, while the best walking entry went to the Webb Sisters, with their tribute to the Moon Landing.

PHOTOGRAPHS by GLYN EVANS
Other pictures are available from this event. Pictures can be purchased by contacting:
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for a sunny carnival

U3A members learn about the life of a professional artist

NICK John Rees, well-known to many in Cowbridge through his periodic exhibitions of the town, visited Cowbridge U3A recently to give an insight into the life of a professional artist.

His talk, interspersed with many anecdotes, revealed that making a living out of art is not easy.

Because of his dyslexia, art was one of the few subjects Nick was proficient at in school, and he subsequently wanted to attend art college, but his father insisted he needed a 'proper' job so he went to work in a bank.

Eventually, Nick would leave the safety of paid employment to become a professional artist.

A particularly strong influence and mentor was the Welsh artist Sir Kyffin Williams who counselled Nick to paint what he loved, as this passion would then come out in his work.

As the sea has always been a special love, he specialised in seascapes and seaside scenes, many inspired by the Welsh coastline.

The medium of his paintings is acrylic, as this paint dries overnight in warm weather unlike oil-based paintings, which can take up to two months to dry.

In fact, on hot days acrylic is not suitable for outdoor work as it dries far too quickly.

Nick also finds working in acrylic gives his paintings a tactile and three-dimensional quality.

As expected, clothes get covered in paint!

Working with acrylic paint means using a palette knife, not a brush.

Apparently someone watching Nick at work remarked that it couldn't be too difficult to paint that way and, as he'd been a plasterer for 25 years, he could probably do it!

Each painting takes about two weeks to complete but Nick could be working on several pieces at a time.

Photographs are not used as an aide-memoire to finish paintings at home, but occasionally sketches are.

Nick brought five paintings with him to illustrate the final product of his labours. Two were of local scenes: one of Watchtower Bay, Barry and the second a triptych of Sully Island at midnight.

The others, all with a marine theme depicted Llangrannog Bay in Ceredigion, Mumbles lighthouse, and Church Bay on Anglesey.

All of Nick's work is for sale – he doesn't keep the best, although his wife does have several on display at home.

If you want to view Nick's paintings your opportunity will come later this year in October, when he will be exhibiting once again in 23B High Street, Cowbridge.

SPM

Nick John Rees, a local master of seascapes, on location.

A chance to get on the Cowbridge Art Trail map

COWBRIDGE Chamber of Trade is looking for artists who would like to put forward their work for the Cowbridge Art Trail that will be launched as part of the Visit Cowbridge Campaign, taking place in late September/early October.

The Trail will be a permanent visitor attraction in the town and will be marketed over a wide area, and is open to all types of artwork.

Interested artists and craftspeople are asked to submit photographs of two or three works to Andy Lloyd at cowbridgearttrail@gmail.com for inclusion on the Cowbridge Art Trail Instagram page.

Kate Thomas of Cowbridge Chamber of Trade, said: "Traders will then select an artist whose works they will take and all subsequent arrangements will be made between artist and trader.

"Artists should include the following information: Title, medium, size (diagonal frame size for 2D works, height and width for 3D); price, name of artist and a contact email address.

"On September 1, we will be asking the participating businesses that don't already have their artwork in place, to select an artist from the list.

"The businesses will then be issued with a Cowbridge Art Trail sticker to display and will also be featured on the Art Trail leaflets. Businesses wishing to participate should email Kate Thomas on smk.thomas1@gmail.com".

Busy times at Sandville Self Help Centre

In recent weeks, a number of social and fundraising events have taken place at the Sandville Self Help Centre, Ton Kenfig, reports Gwyneth Poacher.

She told The GEM: "We organised a social fundraising cream tea (***pictured below, right***) with friends of Sandville, and all the sandwiches and cream cakes were served in dainty vintage china.

Kirsten Osbourne (***pictured below***), who is 22 and from Neath, was recently adopted as a 'Forces Sweetheart', and she very kindly sang for us, giving her services for free.

We had a grand raffle and raised £154.50. A big thank you goes to Gaynor Lloyd and her staff at Tres Bien."

She continued: "Later that month we were allocated a day at Sainsbury's in Bridgend. Heather and Keith Jones, two volunteers set up our table, with leaflets, booklets, and programmes on display.

Rob and Leighton Vaughn (***pictured left***), another two volunteers, popped in to help.

"My sincere thanks to my volunteers, giving up their valuable time and also to Jacky for allowing us to have the table."

There was another boost for the Sandville when a local gym dropped in to make a donation.

Vitality Health and Fitness, which has gyms in Port Talbot and Neath, raised £350, and Kierra Deeks and Daniel Morgan (***pictured below left***) presented Gwyneth with the cheque, which was followed by a tour around the centre.

The money was raised by a community charity walk up Pen-Y-Fan with 17 staff and members hiking to the top, followed by a party in the evening.

Photographs by Heather Jones.

Success on the stage for Barry pupils

YSGOL Sant Baruc pupils have had fantastic success over the past few months in the performing arts.

Once again, pupils from classes 5 and 6 had the fantastic opportunity of performing on the Millennium centre stage in the dramatic performance competition at the National Urdd Eisteddfod in Cardiff Bay this year.

The standard was very high, with 11 schools competing from all over Wales. We were very proud that Ysgol Sant Baruc achieved second place.

Bookslam: A team of avid readers went on to compete in the national round of the Bookslam in Aberystwyth. Their task was to impress the judges in two rounds in a 10-minute discussion and an eight-minute dramatic presentation based on their chosen books.

At the end of an exciting day, success came to the presentation team, winning the best performance in Wales! They performed their interpretation of the book 'The Moon is Red' by Myrddin ap Dafydd – what an achievement!

Book Quiz: Ysgol Sant Baruc went back to Aberystwyth at the end of the month to compete in the National Welsh Book Quiz. After another day of fierce competition, we were pleased to be awarded third prize. The judges were impressed with their knowledge of the novel 'Bancsi Bach', by Dylan Tudur Jones and enjoyed their interpretation of 'Pren and Chansen' by Myrddin ap Dafydd.

What success for the school after all their hard work, both pupils and teachers.

St Baruc pupils represented their school in the national final.

Llwyddiant ar y Llwyfan!

MAE disgyblion Sant Baruc wedi cael llwyddiant ysgubol dros y misoedd diwethaf yn y byd pefformio.

Cyflwyniad Dramatig: Cafodd plant blynyddoedd 5 a 6 yr anrhydedd o berfformio ar lwyfan Canolfan y Mileniwm yn y gystadleuaeth cyflwyniad dramatig Eisteddfod yr Urdd Bae Caerdydd eleni. Roedd safon uchel iawn i'r gystadleuaeth, gyda 11 ysgol yn cystadlu yn y genedlaethol eleni. Roedden ni'n hynod falch o ddod yn ail.

Bookslam: Eleni eto aeth tîm o ddarllenwyr brwd ymlaen i gystadlu yn rownd genedlaethol y Booklam yn Aberystwyth. Eu tasg oedd creu argraff ar y beirniaid mewn dwy rownd, sef trafodaeth 10 munud a chyflwyniad dramatig 8 munud yn seiliedig ar eu llyfrau dewisol.

Ar ddiwedd diwrnod cyffrous, daeth llwyddiant i'r tîm cyflwyno, gan ennill y perfformiad gorau yng Nghymru! Perfformiwyd eu dehongliad o'r llyfr 'The Moon is Red' gan Myrddin ap Dafydd; beth yw cyflawniad!

Cwis Llyfrau: Aeth Ysgol Sant Baruc yn ôl i Aberystwyth ar ddiwedd y mis er mwyn cystadlu yn Rownd Genedlaethol y Cwis Llyfrau. Ar ôl diwrnod arall o gystadlu brwd, Ysgol Gymraeg Sant Baruc, cipiodd yr 3ydd wobr dros Gymru, ar ôl iddynt greu argraff arbennig ar y beirniad gyda'u gwybodaeth am y nofel 'Bancsi Bach', gan Dylan Tudur Jones. Yn rownd y cyflwyniad o lyfr, fe wnaethant blesio'r beirniad gyda'u dehongliad o 'Pren a Chansen' gan Myrddin ap Dafydd.

Llwyddiant ysgubol i'r ysgol ar ôl holl waith caled y disgyblion a'r athrawon.

Aldrin would love to make contact with Buzz or Michael

ALDRIN Armstrong Collins Wilding-West is a name inspired by the most extraordinary feat in human history – the 1969 conquest of the moon – and it belongs to a man who lives in Barry.

Mr Wilding-West is named after Apollo 11 crew members Neil Armstrong, Buzz Aldrin and Michael Collins.

Neil Armstrong was the first man to set foot on the Moon and died in 2012, aged 82, but Buzz Aldrin, who followed him down the steps of the lunar module, and fellow crew member Michael Collins, are both going strong at 89 and 88.

Over the past week, space enthusiasts across the globe have been marking the 50th anniversary of the landing on the moon which took place at 4.18pm on July 20, 1969.

Mr Wilding-West was born two days after the moon landing and named after Neil and Buzz at the suggestion of his sister – later he officially added Collins to his name in honour of the often unsung hero of the mission Michael Collins.

He still hopes to meet up or talk to the surviving members of the crew.

He said: "Despite many years of trying, I never managed to make contact with Buzz, Michael, or Neil who has now sadly passed away.

"It's difficult to describe how, after nearly 50 years, being named after these heroes grows so proudly into your bones. Neil's passing was heart-breaking.

"The world lost a humble, legend of a man. I'd so love some contact with Buzz or Michael, but I fear that the 50th anniversary may be my final chance to shoot for a memory that would be so deeply treasured."

Mr Wilding-West, who was born in Theberton, Suffolk, has lived in Barry since 2002.

He is keen to make contact with any other 'Apollo babies' and can be contacted via his Facebook page, 'Apollo 11 – Babies born to the Moon Landing'.

But most of all, he'd love someone to help him make contact with Buzz Aldrin and Michael Collins.

TC

Editor's note: Chris Kraft (middle name Columbus), the legendary flight director for the Mercury, Gemini, and Apollo missions including Apollo 11 died on July 22, just managing to witness the 50th anniversary celebrations for the Moon landing.

Perhaps any others with that name might also like to make contact.

Residential homes 'transformed'

THE Vale Council's residential services team have been working closely with the University of Worcester's Association for Dementia Studies to transform Southway and Tŷ Dewi Sant residential homes.

Around £430,000 was spent adapting the homes, which have emerged as improved, more dementia-friendly spaces. A letter from the university's associate specialist praised staff at Southway and Tŷ Dewi Sant for their "understanding of the needs of the residents, and [their] dedication to the projects, which has enabled them to be completed to a high standard within budget."

As part of the transformation, walls have been re-decorated with a calming, neutral-coloured pallette. Commissioned photographs of the local area now hang, their frames colour co-ordinated, "producing an uncluttered, clean and modern look."

New man at helm of Porthcawl Rotary

ON July 1 at the Atlantic Hotel in Porthcawl, the outgoing president of Porthcawl Rotary Club, Denzil Gould, handed over the chain of office to the new president Hugh Moatt.

Hugh is not new to Rotary as he previously served as a member of Felixstowe Rotary Club; he is a former merchant mariner and worked in seaport operations management until his retirement.

The evening started with a welcoming address by outgoing president Denzil to the members, honoured guests and to the Porthcawl Town Mayor Cllr Graham Walter.

Denzil thanked all those members who supported him as president during his term of office.

The club gave a big round of applause and thanked Denzil for his year in office.

Newly elected president Hugh gave his welcoming address to the members and guests and thanked Denzil for all his hard work, commitment and enthusiasm during his term as president.

Flowers were presented to Carol Lowery (past president of Inner Wheel) and to the new president of Inner Wheel Mrs Judy Moatt by Denzil.

Hugh then proceeded to welcome and congratulate the president elect Andrew Singer.

Throughout the year Porthcawl Rotary Club raises funds for local and international charities by organising such events as the Rotary Post, the Christmas Carolcade and Christmas Tree Festival.

Rotary also organises many youth events and supports such events as Know Your Blood Pressure day.

Rotary prides itself on its motto 'Service above Self' and Rotarians are well aware that their hard work for charities can only come to fruition through the support they receive from the general public, so Porthcawl Rotarians would like to thank the public for their continued support and generosity.

RL

GEM NOTE: Last week, GEM readers may remember that the photo above was included, but incorrect names (from a different Rotary handover) were given. Our apologies go to both clubs affected..

What's on in the Vale?

Rhoose Bingo

THE committee at Rhoose Community Hall in Stewart Road is holding its monthly Bingo afternoon this Saturday, July 27.

Doors open at 1.45pm for a 2.30pm start, with light refreshments and the usual large raffle. Come and join us for another enjoyable afternoon.

PACT meeting

WHY not come along to Gibbonsdown 'Cuppa with a Copper' which is held every Monday morning at the Aberaeron HUB, Aberaeron Close between 10am and 12 noon?

Support Garen's goal to find a cure for Parkinson's

A PORTHCAWL man will be playing in the Ray Kennedy Cup in Denmark next month – an international seven-a-side football tournament for people with Parkinson's.

Garen Williams, who works for Bridgend County Borough Council as a Construction Design Officer, was diagnosed with young onset Parkinson's three years ago. Since his diagnosis, Garen has learned about the importance of regular exercise and a balanced diet in slowing down the progression of Parkinson's.

He said: "It is very important to exercise in order to build up strength, balance, good posture and speed. Not only does exercise reduce stress, but it also enhances a positive attitude to life. Doing exercise focuses my mind on my abilities, boosts my self-esteem and makes me feel good.

"My goal is to raise awareness of Young Onset Parkinson's and to raise money for the Cure Parkinson's Trust. This is also a great opportunity to represent my country in a sport I really love and enjoy.

"Our journey to Copenhagen has been paid for, but we need to raise awareness of this disease of which there is currently no cure."

You can help support the team's fundraising efforts by visiting https://uk.virginmoneygiving.com/ and searching for 'UKYOPD'.

UK Ministers celebrate Welsh language

VALE MP Alun Cairns visited Ysgol Gymraeg Bro Morgannwg with his colleague Rt Hon David Lidington MP, Minister for the Cabinet Office, to discuss the importance of promoting the wider use and growth of the Welsh language.

Pupils from Ysgol Bro Morgannwg's school council took part in a question and answer session with both Mr Cairns and Mr Lidington. The questions ranged over why the Welsh language is important to the UK Government, what opportunities are available for young people and what the likely outcomes of Brexit will be.

Mr Lidington, who operates as the de facto Deputy Prime Minister, used his visit to Wales to announce that the UK Government supports plans for Wales to have a million Welsh speakers by 2050. He commented that the language is one of the UK's greatest inheritances and that the UK Government recognises its responsibility to protect and develop it for future generations.

Mr Cairns said: "I'm really pleased that David Lidington has had the opportunity to visit Ysgol Bro Morgannwg. The school demonstrates the great strengths and power that a Welsh medium education offers to young people in Wales."

He added: "It's vital that Welsh medium education is never seen as a compromise to academic ability in English. I know, as someone who is first language Welsh and attended a Welsh school, that it offers huge benefits to pupils and I'm delighted that my colleagues across the UK Government also recognise this."

NGS Open Gardens in Coity next week in aid of charity

THE new garden at 11 Castle Meadows, Coity, Bridgend, is open on August 2 and 3 from 12pm until 5pm.

It is a small, south-facing garden and lies in the historic village of Coity with views towards its 12th century castle. Within the garden there is a summerhouse and small wildlife pond, which add interest.

This family garden has an eclectic planting style and we hope you will experience the 'Wow!' factor – the garden is a riot of colour.

The 'stick it there' policy results in a mixture of perennials, annuals, climbers, self-seeders, baskets and pots which jostle with each other for attention.

A mixture of nearly 30 roses, along with clematis, hostas, heucheras and other plants create a bold palette of colour.

A local art group will be exhibiting some of their work on the day, and hot drinks and cakes will be on sale.

Admission: Adults £3.50, children admitted free.

Visit www.ngs.org.uk for more information and for directions.

RSPCA want to track down dog's owner

RSPCA Cymru is appealing for information after a dog covered in ulcerated tumours was found in Barry.

The brindle Staffie was found in a lane behind O'Donnell Road in May.

RSPCA inspector Sophie Daniels said: "This poor dog was in quite a state. She was covered in ulcerated tumours over her face, neck, back and abdomen. She also had a potential bone tumour in her leg.

"At the vets she was given immediate treatment as she was clearly in pain. However, to alleviate further suffering sadly it was decided that her condition was too severe and the kindest thing would be to put her to sleep."

RSPCA Cymru is appealing for information to try and track down the owner. If anyone has any information, they can call the RSPCA inspectorate on 0300 123 8018. Calls to the number are treated in confidence.

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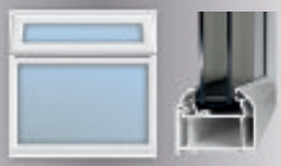

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Phone scam warning

SOUTH Wales Police is urging residents to be vigilant after reports of scam callers targeting people in Bridgend and the Vale.

Scammers have been targeting vulnerable older people over the phone – claiming that they owe money and if they do not pay they will be arrested.

Fraudsters are also calling people claiming there has been fraudulent activity on their bank cards and that they need to pay to sort this out.

The HMRC scam call is still being used in which fraudsters claim that a person owes thousands in unpaid taxes and is threatened with arrest if they do not pay.

If you have received any suspicious calls you can report it on 101.

Will you absolutely warm to Kelvin?

KELVIN is a sensitive 10-year-old crossbreed who has lived a sheltered life and would like to live in a quiet home with children 14 years and over.

His new owners will need to make sure that they give him time and space to adjust to living in a home environment, so that he can explore the world at his own pace.

Canine Carer Heather said: "Kelvin hasn't experienced much in his life and is now loving smelling and admiring all the things around him and is having lots of fun. With time, his personality will shine through and he is sure to be a loving and loyal companion."

For more information, visit www.dogstrust.org.uk.

Volunteers are the guests of honour at store's relaunch

The store invited voluntary groups who have fundraised at the store to enjoy a celebratory lunch.

THE Morrisons Barry store re-launched on July 18, with a ribbon-cutting by the Mayor of Barry Town, Cllr Margaret Wilkinson, who originally opened the store in 2001.

The ribbon cutting began a day of events at the store including food tasting, a live radio broadcast by Bro Radio, and a raffle to win £100 worth of shopping.

Afternoon teas were laid on for the local volunteers who regularly fundraise in the store.

There was also entertainment by Ray Tee and Pukka Productions.

For all the latest news from your area - glamorgan-gem.co.uk

Ramblers explore the history around Wenvoe Castle

A GROUP of eight walkers joined Joy from Penarth and District Ramblers at St Mary's Church, Wenvoe in lovely sunshine to take part in the eighth summer evening walk.

Pointing out the inscribed tablet above the church gate which is a memorial to Laura Frances Jenner who was the last of the Jenner family to reside at Wenvoe Castle, they also learned that three generations of the Jenner family were Rectors at this pretty 13th century church.

Heading along Old Port Road to pavement walk beside the A4050 and the new development at Goldsland Walk, a stile led them across a small field near Pugh's Garden Village and uphill by a quiet lane to Burdonshill.

Passing through a metal kissing gate and onto part of the Wenvoe Castle Golf course, founded in 1936 on land surrounding Wenvoe Castle, the home of Hugh Jenner (who became the first president of the club) they carefully followed the edge of the green before descending through tall ferns into woodland.

Then on past a pretty flower patch and into fields on the northern edge of Goldsland Wood, where another field containing young cattle led them to Maes-y-felin and the St Lythans Burial Chamber that was lit up by the evening sunshine with cows quietly grazing beside it.

Deviating southwards and heading along overgrown pathways on the edge of broad bean fields and passing golden barley, they circumnavigated the end of the wood continuing along rough paths to a broken stile.

Entering open fields with a magical view of the Goldsland Valley, they dipped downhill being challenged by frisky young bullocks that soon gave way and, crossing the Goldsland Brook, they tramped uphill beside a recently cut hay field to New Wallace.

After visiting and making a fuss of Buddy the Shetland pony and passing through the farmyard, they joined the road.

Heading east between high hedges and passing the 19th century Goldsland Farm, they overlooked another part of Wenvoe Castle Golf course, where players were out enjoying the pleasant evening, before heading past the club's entrance and making their way back to the A4050 for the short journey back to Wenvoe village.

On August 1, meet 6.30pm at the bottom of Penyturnpike Road (Millfields entrance) Dinas Powys for a four-mile easy/mod walk taking in Park and Casehill Woods; contact Joy on 01446 737131.

Wear suitable clothing, preferably boots and carry waterproofs, food and drinks. Some degree of fitness is required and if you are in any doubt, then please contact the leader for advice. For up to date information log onto www.penarthramblers.wordpress.com or follow on Facebook.

Programmes and membership advice can be obtained from Pam on 029 2025 5102.

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Not all edible – but these plants are still good for your health

STRESSED gardeners have been told to grow seven key plants in their backyards to help relieve tension and anxiety.

Horticulture experts from BillyOh.com have revealed the plants which can help relieve the symptoms of stress, including chrysanthemums, lavender and gerberas.

Gardening can help to improve mental health as it allows individuals to spend time in nature and forget about the stresses of day to day life.

Certain plants can actually also have a calming effect due to the green of their leaves which is associated with growth, harmony and freshness.

A spokesperson said: "Spending time caring for plants is a great way to help look after your mental health. Nurturing the buds and seeing the plants grow can be very rewarding and helps boost self-esteem.

"In order to properly look after plants, time needs to be spent away from electronic devices, allowing gardeners to 'zone out'.

"The plants on this list can be put in offices and gardens, but you can also use some of them to make oils and teas."

Plants that can help to relieve symptoms of stress are:

1. Peppermint: It has been found to lower frustration and boost alertness. Menthol, found in the plant, is also a powerful muscle relaxant and can aid digestion.

2. Chamomile: Known for its medicinal benefits since ancient times, Chamomile has antianxiety effects and can also be used as a sleep aid. Commonly taken as a tea, it can also help reduce inflammation.

3. Lavender: The colour and smell of the purple plant is immediately calming. Often used to help soothe agitated babies, the plant's oil is commonly prescribed to help in the treatment of anxiety and depression.

4. Jasmine: The plant makes you feel less anxious and more at peace, meaning that if you place a Jasmine plant in your bedroom you should wake up feeling more alert. A good night's sleep has restorative power allowing you to feel more positive.

5. Aloe Vera: Known for its anti-inflammatory properties, Aloe Vera is also one of the most powerful plant air purifiers. It helps remove harmful chemicals from the air and as such can help reduce anxiety.

6. Chrysanthemum: Chrysanthemums can help lessen symptoms of worry and stress, and when taken as a tea can help relax bodies. A good source of Vitamin C which can help boost the immune system and treat coughs and colds, Chrysanthemums can also increase your metabolism.

7. Gerbera: The bright colours of the plant can be instantly calming, with the flowers lasting up to two weeks. Gerberas remove benzene from the air, which is a chemical found in inks. They can help bring a calming atmosphere and encourage a peaceful night's sleep.

AP

Gerbera is a good choice in the flower bed.

Five ways to get fit that cost nothing

FORGET expensive gym memberships, fitness experts have identified the five best ways to get into shape for summer at zero cost.

Researchers at health and fitness site Vivotion.com have found the best ways to get, and stay, fit and healthy without spending money.

They include popular Park Runs, as well as lesser-known regimes such as Green Gyms where participants can help with wildlife conservation while keeping fit.

A spokesperson from Vivotion.com said: "Exercise has so many added benefits aside from helping with weight loss and increasing fitness.

"Many free activities can involve meeting new people and offer challenges, building fitness week on week.

"Some activities such as walking trails mean participants can also involve friends and family. They all, of course, have the added bonus of being free."

Free activities include: Park Runs: Park Runs are a 5k run suitable for all abilities. They take place in over 600 locations and let you run at your own pace. Signing up to the website allows your running time to be added to a national database, meaning you see where you placed in your Park Run and how you compare nationally.

Green Gyms: They allow you to help conservation while building up your fitness. The exercises involve planting trees and building wildlife ponds. There is a range of activities you can take part in which are all easily adaptable to every ability.

Couch to 5k: This is an initiative from the NHS encouraging Brits to get up from the sofa and go for a run. The regime changes weekly and involves no more than three runs a week. The aim is that nine weeks after starting, you should be able to easily run 5k.

Walking Trails: If walking from Land's End to John O'Groats isn't your thing, there are several trails and specified walks in each of the UK's countryside. Purchasing an Ordnance Survey map can be an easy way to find circular routes and paths you didn't know were in your local area.

Cycle Routes: If you'd rather get fit while taking the weight off your feet, cycling may be the perfect idea for you. There are local cycling groups where you can meet new people and cycle as a pack as well as websites which allow you to find tried and tested routes in your area.

AP

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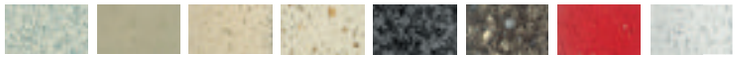

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A vintage opening for the Vale's latest hotel

Vale MP and Secretary of State for Wales Alun Cairns at the opening of Llanerch Hotel with Ryan Davies, owner of Llanerch Vineyard.

THE UK's first vineyard hotel has opened its doors in Hensol.

Llanerch Hotel is the result of a £2m investment by Ryan Davies, owner of Llanerch Vineyard, which is home to the award-winning Cariad wines. The two-storey hotel, situated in the heart of the vineyard, which is just 20 minutes from Cardiff, comprises 26 rooms and suites, each with uninterrupted views of the Welsh countryside.

As well as Llanerch's popular wine tasting and vineyard tours, Llanerch is also home to an award-winning restaurant, which serves lunch, dinner and afternoon teas in the vineyard throughout the week. As well as the new rooms, including several accessible rooms and dog-friendly rooms, the new hotel includes additional meeting and conference rooms for corporate events. It was officially opened by Alun Cairns MP.

"To become the first vineyard hotel in the UK is a fantastic achievement for the team at Llanerch," said Ryan Davies, owner of Llanerch Vineyard. "Across Europe, wine hotels are very popular and we wanted to bring that unique experience to south Wales."

Ryan took over the vineyard, which is one of the oldest in Wales, in 2010 with the aim to replicate the successful wine tourism models he had seen while working in vineyards in New Zealand and Australia, where vineyards are tourist attractions in their own right offering restaurants, weddings and events, in addition to traditional wine tasting and vineyard experiences.

Since then, Llanerch has become the largest commercial vineyard in Wales and attracts visitors from around the world with its award-winning restaurant and bar, unique marquee and lodge wedding venues, on site cookery school owned by Angela Grey and wine tasting and vineyard tours.

Ryan Davies said: "We have had a number of B&B rooms available at the vineyard since 2010, but as the business grew, so did the demand for accommodation at Llanerch. The popularity of Cardiff, which is just 20 minutes away, as an events destination for everything from rugby to high profile concerts has also pushed up demand for high quality accommodation in south Wales.

"This has been a vision for Llanerch for many years. We have managed every aspect of this project ourselves – the biggest we've ever undertaken – to ensure that the hotel offers the highest quality and that every detail has been thought about, from luxury in-room products to maximising the spectacular scenery enjoyed by every room."

The superior rooms at Llanerch Hotel are 42 sq m and include a super king size bed with a large sofa and living area and a luxury ensuite bathroom with shower. The four suites, located in each corner of the hotel, are over 45 sq m and include a bedroom with super king size bed, as well as a large living room with sofas and a seating area, which can be separated by a partition, and a luxury ensuite bathroom with shower.

The vineyard's existing courtyard rooms, set in one of the vineyard's original stone outbuildings, have also been fully refurbished in keeping with the new hotel. Each room has a large widescreen smart TV, allowing guests to stream from their own devices, a Nespresso coffee maker and kettle and luxury interiors, including Welsh wool blankets, made at Pembrokeshire's traditional woollen mill Melin Tregwynt, and art by local photographer Andy Stoyle.

The new hotel, which was constructed using only local contractors and builders, will now employ up to 20 new members of staff.

Alun Cairns MP opened the new hotel. He said: "It was a pleasure to open Llanerch Hotel. They've done a brilliant job and created a very impressive venue with exceptional attention to detail. Llanerch already attracts visitors from around the world and over recent times it has been a privilege to see the venue used as a destination for Chinese travel journalists when Visit Britain are promoting Wales in China. The beautiful surroundings provide a fitting location for the first vineyard hotel in the UK and the significant £2m investment and creation of 20 new jobs is really positive news for our local economy. This demonstrates that Llanerch recognise the opportunities available in the Vale of Glamorgan and I wish them every success for the future."

Llanerch's award-winning wines, branded as Cariad (meaning 'sweetheart' or 'dearest' in Welsh), are made from the vines at the vineyard, which are a mixture of French and German hybrids, well-suited to the Welsh climate.

Llanerch now harvests up to 12 tonnes of grapes and produces around 10,000 bottles of Cariad wine annually. Available as a sparkling blush, a sparkling brut, a dry white, a medium dry white and a rose, the wines are available in Llanerch restaurant and the onsite vineyard shop.

MPs join forces over visa fees

A CROSS party group of MPs led by Labour's Madeleine Moon and Conservative Richard Graham, have written to Home Secretary Sajid Javid calling for the abolition of visa fees for Commonwealth servicemen and women in the British Armed Forces.

Currently Commonwealth citizens serving in the UK armed forces have the right to apply for Indefinite Leave to Remain (ILR) after four years' service if they choose to stay in the UK. However, application costs have risen considerably in recent years, meaning it would currently cost almost £10,000 in visa fees for a service leaver to settle in the UK with a spouse and two children.

This has created a situation where Commonwealth citizens are often forced to choose between leaving the UK or remaining here and splitting up their family. The Royal British Legion, which has raised awareness of this issue through their 'Stop the Service Charge' campaign, say they provided £36,000 in grants for visa fees last year alone.

The letter, which has been signed by more than 130 different MPs from eight different parties, calls on the Home Secretary to recognise those who have served in the UK armed forces by abolishing visa costs for them and their families.

Mrs Moon said: "These men and women sign up to join the UK's Armed Forces putting their life on the line for our country, and the current visa fees charged do not reflect the nation's gratitude for their service. Having served the UK, Commonwealth service personnel have the right to apply to stay here without having to pay fees so high that some veterans are being pushed into poverty."

Charles Byrne, director general at The Royal British Legion, said: "Charging exorbitant fees to those who have sacrificed so much to serve our country is no way to thank Commonwealth service leavers. We are pleased so many MPs across the House and from different parties agree with our Stop the Service Charge campaign, and that MPs are joining the call to have these fees waived. We hope the Government will listen to these serious concerns."

AS

Speeding signs installed

PENYFAI Conservative borough councillor Altaf Hussain has spent the money in his Community Action Fund on flashing signs to warn motorists driving through the village if they are exceeding the speed limit.

Dr Hussain decided to spend the £5,000 he was allocated by BCBC on improving road safety for residents and motorists locally. The new signs will flash at motorists in both Welsh and English if they are speeding.

He said: "I get a lot of complaints about people driving too fast through Penyfai.

"We have a number of road safety concerns in the community. There is no way residents can walk from Penyfai anywhere in safety."

Barry Amateur Swimming Club hosts historic meeting

ON July 13, Barry Amateur Swimming Club held its 31st Cardiff Bay Sprint meet at Cardiff International Pool.

Brian Hardwicke initiated the meet, known as The RE Sprint Meet at Cogan Pool in Penarth over a weekend in July. The event is highly regarded and this year was no exception, with more than 400 competitors from 22 clubs as far afield as Haverfordwest, Welshpool and Cheddar taking part; there was even one competitor from Dubai.

Rowland Jones was chairman of the local area for many years and the Roland Jones Cup is awarded in his memory to the nine-year-old swimmer who gains the highest point score in the four single stroke 50m events. The winners of the Rowland Jones Cup were Isabella Hurn of Cwmbran Club and Alfie Gilligan of Neath Club.

The Brian Hardwicke Cup is awarded to the highest scoring 12-year-old, named after the chairman of the Welsh ASA. Owen Hughes from Monnow Club was awarded the cup.

Barry took a team of 22 swimmers to the meet and between them won five gold medals, seven silver, 15 bronze and 17 speed tickets. Gold medals were won by Bethan Jones (freestyle), Nia Fuller (backstroke), Thomas Pugh (backstroke), Henry Davies (breaststroke) and Alfie Sargeant (butterfly).

Following the 50m sprint races in all four strokes, the top 10 girls in each age group swam in an individual medley race. The Barry swimmers were Isabella Llewewllyn, Charlie Bowmer, Alice Davies, Henry Davies, Riley Dos Santos, Nia Thomas, Gwenno Davies, Thomas Pugh and Rhodri Vickers.

Ioseff Russell, grandson of founder Brian Hardwicke swam for Barry in his first swimming gala. Ioseff won a bronze medal in the age 10 kick race.

Barry Amateur Swimming club would like to thank all the volunteers and parents who make the meet such a success.

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Prepare your garden for a heatwave

GARDENERS are being urged to save water and prepare for more sunny weather and hot temperatures.

The experts at GardenBuildingsDirect.co.uk have put together nine top tips for saving water and keeping gardens in top condition.

Some tips do require early preparation, including opting for drought resistant plants and getting soil in good condition with regular weeding and adding lots of natural fertiliser.

Other advice includes investing in a water butt to collect rainwater and saving grey water to use on the garden.

A spokesperson for GardenBuildingsDirect.co.uk said: "Last summer was beautiful, but brutal to gardens across the UK. However, there are simple steps gardeners can take to make sure their outside space is summer ready.

"There are things that need early attention, like buying a water butt, improving the condition of the soil and regular watering.

"Other pieces are advice are for when the hot weather hits. Among the tips are advice on the best times to water and the plants gardeners should prioritise."

1. Look after your soil: If your soil is in top condition, then it won't need as much watering. Try adding natural fertilisers to the soil to improve its structure. This will help retain moisture. Pull out any weeds too – you don't want the water you do put on the garden to help the weeds grow and not the plants.

2. Mulching flower beds: Try laying mulch around flower beds and in hanging baskets. This will trap moisture and prevent it evaporating during sunny spells.

3. Water at the right time: Water well before sunny spells. This will help prevent a water deficit when it heats up. When it is hot, water the garden first thing in the morning and in the evening when its cooler and the sun has set; it will reduce the amount of evaporation.

4. Plant drought resistant plants: Some plants needs less water than others, so if you're serious about saving water, opt for those that require very little.

5. Invest in a water butt: Divert a drainpipe into a water butt and start collecting. By the warmer months, you'll have plenty of water ready to use in the garden.

6. Grey water: Bath water and washing up water can both be used on the garden. Just avoid any water containing bleach, disinfectant or strong cleaners.

7. Use a watering can: Opt for watering can rather than a hose to water the garden. If you do use a hose, use a trigger to closely control the flow.

8. Be selective: Not all plants need the same amount of water. Fruit and veg are worth watering regularly. It's also worth prioritising containers, any new plants and hanging baskets. Grass is really resilient and even if it turns brown, will grow back lush and green.

9. Water retaining crystals: These are worth investing in to retain water in pots, so you don't have to water so often.

Ray's Retreat opens at Romilly Bowling Club

ON July 8, the opening of the new patio took place at Barry Romilly Bowling Club and the area is known as Ray's Retreat, after Mr Ray Harkus.

The renovation was sponsored by the law firm of Everett, Tomlin, Lloyd and Pratt. Ray was a very well respected and much liked member of the club. He had the Romilly Bowls Club flag made and it is flown every match day and on special occasions. Ray's family attended the ceremony, and Ashley cut the ribbon to officially open Ray's Retreat.

The latest club results: Barry Romilly played in the Munro Cup on three occasions in June, beating Rhoose and losing to Penarth Windsor and Llantwit Major in the two other matches.

Barry Romilly first team played away at Gilfach on July 13.

JK

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A nostalgic photo from Barry

A mystery photo from Barry, sent to The GEM by Mr Howard Ross. He believes it to be a street party in Daniel Street, Barry, in 1969, and he is looking for more information, in particular names of those in the picture. If you can help, please contact Mr Ross by email on 'howard.ross145@btinternet.com'.

Green Flag awards for parks in Bridgend

NINE of Bridgend County Borough's most beautiful parks and green spaces have bagged themselves prestigious Green Flag awards.

Three sites maintained by Bridgend County Borough Council – Wilderness Lake in Porthcawl, Maesteg Welfare Park and Coychurch Crematorium – have all earned the right to fly the coveted flag, which is awarded by Keep Wales Tidy.

A Green Flag award recognises how welcoming, safe, clean and well-maintained each space is. The award also assesses how appropriately conservation and heritage features are managed, community involvement in maintaining each area, sustainable management of resources, and how effectively each area is marketed.

Bryngarw Country Park and Glanrhyd Hospital also picked up the main Green Flag Award this year, while Green Flag Community Awards were won by the Caerau Market Garden, Spirit of Llynfi Woodlands, the Wilderness Allotment Association and the Badgers Brook Allotment in Bridgend.

Cllr Richard Young, the council's Cabinet Member for Communities, said "It's absolutely fantastic that so many of our local parks and green spaces have earned prestigious Green Flag Awards this year.

"I extend special congratulations to Coychurch Crematorium on successfully retaining their Green Flag award for the tenth consecutive year. The grounds and gardens of the crematorium create a comforting environment of peace and tranquillity where visitors and mourners can sit and quietly reflect.

"I'd like to commend all of the workers and volunteers for the dedication they put in to maintaining these beautiful green spaces and parks."

Lucy Prisk, Green Flag Co-ordinator for Wales said: "I would like to pass on our congratulations to every single park receiving the Green Flag Award. Keep Wales Tidy is extremely proud that so many parks and green spaces in Wales have reached the high standards necessary to achieve Green Flag status. I'd encourage everyone to get outdoors this summer and enjoy the incredible parks and green spaces we have on our doorstep."

To find out more about the Green Flag awards, visit www.keepwalestidy.org.

Holiday health for man's best friend

IF you're planning to pack a suitcase for your pooch this summer, make sure you follow this useful guide.

As all dog owners know, it can be heartbreaking leaving pets at home or in a kennel for an extended period of time. But with a quarter of the UK population owning a dog, an increasing number of places are willing to accommodate them.

According to research by Camping in the Forest, who manage 10 dog-friendly campsites in the New Forest, more than 40 per cent of us feel anxious about leaving our dogs behind when we go away on holiday. As a result, more people are opting for trips where dogs are welcome too.

Make sure you get the most from your adventure away with your pups, by following these tips.

1. Have a test run: Sleeping in an unfamiliar place can be a nerve-racking experience for your dog if they've never done it before, but getting pets used to sleeping in different places from a young age will stand you in good stead. Try taking them to a friend or family member's house. If you are planning on camping, it's a good idea to get your dog familiarised with a tent by pitching it in the back garden.

2. Things to remember before you go: Before you head off, make sure your dog is up to date with any treatments, vaccinations and general health checks. Ensure they are microchipped and that pet insurance is valid. If you're heading abroad, check to see if there are any local diseases to be aware of and chat to your vet first. And if you're going somewhere in the UK, don't forget to pack your doggy essentials - including a bed so they can get their rest somewhere familiar and comfortable.

3. Pack a doggy survival kit: Having a successful trip is all about being prepared and having everything to hand. So what should you include? Basics like food, water and toys should be top of the list. While it's tempting to feed your pooch scraps from the barbecue, it's not good idea to interfere with their eating habits. Some destinations, such as camping sites, request dogs are on a lead when near to wild animals or endangered plants. Having both a short and extendable lead is a good option - ensuring your dog is always under control.

4. Stick to a schedule: Dogs love a routine and they know when it's time to eat and when to go out for a walk. Sticking as close to your dog's regular routine as possible adds a sense of normality in an unfamiliar situation, which will help to reduce their stress.

5. Be a responsible dog owner: If you're out and about exploring, make sure your dog doesn't chase livestock, birds, foxes or even wild ponies. Bob Hill, sites manager at Camping in the Forest, said: "It's important to be a responsible owner to ensure the local wildlife isn't disturbed and that the local environment is preserved for future generations to come."

THE VALE OF GLAMORGAN COUNCIL
CYNGOR BRO MORGANNWG
Planning (Listed Buildings and Conservation Areas) Act, 1990
Town and Country Planning (Development Management Procedure) (Wales) Order 2012
Listed Building Consent / Caniatâd Adeilad Rhestredig

Application No:/Rhif y cais:	2019/00807/LBC
Proposal:/Cynnig:	Reconstruction of former East entrance arch, partly demolished by vehicle impact
Location:/Lleoliad:	United World College Of The Atlantic, East Drive, St. Donats
Listed Building:/Adeilad Rhestredig	Grade II

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Dated / Dyddiedig: 25 July, 2019

V. L. Robinson
Operational Manager, Regeneration and Planning,
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CF63 4RT

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Out & About with The GEM

Advice for exercising in summer

DRINKING before exercising, trying a different time of day and knowing the medical risks are three of the seven top tips for being active outside in summer sun and heat.

Whether running and cycling or participating in other sports and outdoor activities, the specialists have warned that failure to adjust accordingly to hot conditions could hinder fitness progress and potentially harm overall health.

A spokesperson for Vivotion.com said:

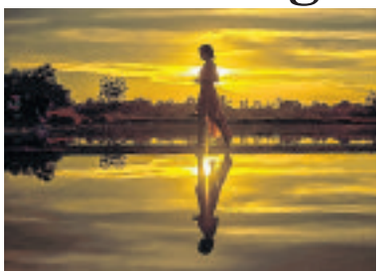
"More Brits will be encouraged to get active outdoors during spells of warm weather over the summer, but direct sunlight and increased heat can pose extra challenges to exercising. It's especially important to wear appropriate summer clothing, get plenty of water into your system before you feel like you need it and avoid the midday sun.

"If you start to feel uncomfortable or notice any signs of heat exhaustion, stop immediately and try to cool down as quickly as possible."

When exercising in summer:

1. Keep hydrated: it's vital when active during summer heat to make sure you keep sufficiently hydrated at all times. That means drinking plenty of preferably cold water, or specialist sports drinks for intense activity, and avoiding alcohol.

2. Try a different time of day: if you normally



for a run, cycle or play sports outdoors during the afternoon, blazing sunshine should make you think again.

Try getting up earlier and exercising while its cool before work, or head outside as the temperature starts to drop later into the evening, but steer clear of excessive activity while exposed to the sun between 11am and 3pm.

3. Gradually get used to conditions: If your body is used to participating in outdoor activities during the winter, with cold air and rain to keep it cool, it's important to acclimatise to exercising in heat.

Gradually build up your activity levels, conduct a thorough warm-up and make sure you know your fitness level – don't push yourself too hard, too soon in challenging conditions and seek out shade wherever possible.

4. Dress wisely: Brits heading outdoors to exercise in summer heat should choose light coloured, loose clothing that's made from an appropriate, ventilated sporting material rather than cotton.

A pair of shorts and a t-shirt should normally do the trick – forget about sweatshirts, tracksuits, joggers and long socks.

Don't forget to take a cap or sunglasses and sun cream too.5. Know your medical limits: It's crucial to know how any medication or pre-existing conditions you have may affect your ability to exercise in higher temperatures.

If you're unsure, consult a medical professional and don't do any activity that could pose unnecessary risks and harm.

6. Watch out for heat exhaustion and heatstroke: According to the NHS, signs of heat exhaustion include headaches, dizziness and confusion, loss of appetite, feeling sick, excessive sweating, pale skin, cramps in the limbs or stomach, fast breathing or pulse, being very thirsty and a body temperature above 38C.

If you can't cool down within 30 minutes and it turns into heatstroke, it needs to be treated as an emergency.

7. Take a cold shower: Taking a cold bath or shower after working out in the heat will lower your core body temperature and be more comfortable than soaking in

Historic loco's trip to Wales

SOUTH Wales rail enthusiasts were in force in Cardiff on Saturday when the loco 70000 Britannia arrived in Cardiff.

Enthusiast and photographer Mike Wilcock explained: "It was here for the first time in many years and on a tour from Crewe. Built in 1951, it featured in the Festival of Britain in 1953. The loco took delivery of more coal and water; afterwards, it went light engine to Newport to turn round on a triangle of track, to be ready for the return trip with its 13 carriages."

Mike's film of the 70000 Britannia has already had more than 1,400 views on YouTube.

Image by Mike Wilcock.

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Mondays 5.30pm
Celtic Way Community Centre, Rhoose
Helen 01446 750738/ 07968 355119

Mondays 5.30pm and 7.30pm
Elfed Avenue United Church, Elfed Avenue, Penarth
Martin - 07444 374377

Tuesdays 9.30am, 11.30am, 5.30pm & 7.30pm
Parish of Our Lady & St Illtyd, (Catholic Church), Ham Lane East, Llantwit Major
Helen 01446 750738/ 07968 355119

Tuesdays 6.30pm
The Old School, South Road, Sully
Nicola 07951 510871

Wednesdays 4.45pm and 6.45pm
St Francis Millennium Centre, Park Road, Porth-Y-Castell, Barry
Annamarie 07837 497523

Wednesday 5.00pm
All Saints Church Hall, Victoria Square, Penarth
Julia 07718 284171

Wednesday 3.30pm, 5.30pm, and 7.30pm
Bridgend Deaf Club, Coychurch Road, Bridgend
Helen 07714 170908

Wednesdays 5.30pm and 7.30pm
5th Barry Sea Scout Hall, Everard Street, Barry.
Karl 07411 621866

Wednesdays 9.30am
Cowbridge Rugby Club, Cowbridge
Martin 07444 374377

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Dawn 07800 913429

Thursdays 5.30pm and 7.30pm
The Cabin Next To Swim Pool, Hebron Hall, Cross Common Road, Dinas Powys
Renae 07495 208966

Thursdays 8.00am, 10.00am, 12.00pm, 3.30pm, 5.30pm, 7.30pm
Sarn & Bryncwlis Social Club, Bryncoch Road, Sarn
Scott 07498 780419

Thursdays 9.30am
Nolton Church Hall, Merthyrmawr Road, Bridgend
Donna 07790797008

Thursdays 5.30pm
St Davids Church Hall, Wimborne Road, Pencoed
Helen 07714 170908

Thursdays 5.30pm
Highlight Park Community Centre, Barry
Annamarie 07837 497523

Thursdays 9.30am & 11.30am
Memorial Hall, Cenotaph Entrance, Gladstone Road, Barry
Nicola 07951 510871

Friday 9.30 and 11.30am
The Cabin next to Swim Pool, Hebron Hall, Cross Common Road, Dinas Powys,
Renae - 07495 208966

Friday's 9.30am
Crossway Methodist Church, Court Rd, Barry
Karl 07411621866

Saturdays 7.30am & 9.30am
The Gathering Place, Flemingston Road, St Athan
Helen 07968 355119

Saturday 9.30am
Cwm Talwg Community Centre, Cwm Parc, Barry
Vicky 07957 958900

Saturdays 7.30, 9.30 and 11.30
Colcot Community Centre, Keats Way,Barry
Martin - 07444 374377

Saturdays 8am and 10am
All Saint's Church Hall, Victoria Square, Penarth
Julia - 07718 284171

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Horrible Histories makes for a fun film

All for one, and one for all, in the 'Horrible Histories: Rotten Romans' movie.

BASED on Terry Deary's popular children's book series, *Horrible Histories: The Movie – Rotten Romans* expands on one tattered page from our inglorious national past for 92 minutes of toilet humour-laden edutainment punctuated by rumbustious songs.

Director Dominic Brigstocke and his accomplices – screenwriters Caroline Norris, Giles Pilbrow and Jessica Swale – struggle to replicate the breezy, madcap tone of the long-running *Horrible Histories* TV series, which adopted a sketch format to hop between eras.

Rattus Rattus, the puppet vermin host of the small screen incarnation, is consigned to a pastiche of the MGM company logo at the beginning of the film and a brief coda to confirm any stomach-churning facts underpinning the on-screen tomfoolery.

Song lyrics are snappy and pitched at a young audience.

"I'm better than Caesar/A real diamond geezer," raps an emasculated Emperor Nero (Craig Roberts) as he attempts to emerge from the shadow of his formidable mother, Agrippa (Kim Cattrall).

"I'm the real McCoy/I'm not a mummy's boy!"

Fleeting cameos provide a few giggles for parents and teenagers.

Warwick Davis delivers a stirring speech as a gladiatorial trainer, who tells his sweat-glistened wards: "I want you all to give it CX percent," and Sir Derek Jacobi adds gravitas to Emperor Claudius, who perishes shortly after his throat is tickled with a poisoned feather.

In 54 AD, enterprising Roman teenager Atti (Sebastian Croft) earns the gold coins he needs to buy a new pair of sandals by passing off a vial of horse urine as precious gladiators' perspiration.

Nero (Roberts) receives the bottle as a present and seeks a fitting punishment for Atti's deception.

"I'll send you to Britain," snarls the emperor and he condemns the weakling to serve as a centurion under Decimus (Lee Mack), who dreams of retirement on Italy's sun-drenched shores.

Far from home, Atti meets feisty Celt teenager Orla (Emilia Jones), whose tribe are part of a rebellion against the Roman empire led by fame-hungry Boudicca (Kate Nash), queen of the fearless Iceni.

Atti and Orla develop a touching friendship as they join forces to rescue Orla's light-fingered grandmother Brenda (Joanna Bacon) from the clutches of a rival clan. By working together, Atti and Orla hope to outflank the military manoeuvres of Governor General Paulinus (Rupert Graves) and send the Romans back home with spears between their legs.

Horrible Histories: The Movie - Rotten Romans gallops through 1st-century betrayal and bloodshed with vim and a mischievous schoolboy grin.

Bodily fluids are used as easy punchlines and wanton violence remains cartoonish like when one character is decapitated and the woman who catches the severed noggin casually inquires: "Anyone missing a head?"

Croft and Jones fling themselves into their roles with gusto, emphasising a strong message of collaboration that should resonate clearly with the target audience.

No swearing; no sex; violence: Rating 6/10.

PA

Marigold: a hidden gem, and a must for all foodies

The range of dishes caters superbly for all tastes. This hariyali-piaza went down a storm with the reviewer.

AT the edge of the Vale with enviable views over Cardiff, you will find the Indian Marigold restaurant on The Tumble, St Nicholas.

The building was once home to the Traherne Arms, and has retained its old Welsh hostelry charms complete with stone walls but now has a relaxed, contemporary feel to the dining room with a gentle Indian influence.

The restaurant was opened some nine months ago by Neha and her team, who have, between them, many years' experience in the restuarant business.

This experience in the business is apparent in the inspiring menu on offer. Not a huge menu by any means, but this is good news as each item on offer will fill Indian food lovers with excitement as it becomes clear that this is no ordinary restaurant.

Of course, the traditional favourites are available including tikka masala, jalfraizi and Madras, and there is plenty of choice for vegetarians and seafood lovers too. The menu becomes really exciting, however, when the house specialities are considered and it's a tough decision to make when they are all so appealing.

Two of us opted for the Marigold Trios, delightfully presented starters comprising tasty onion pakora, tandoori paneer and channa chat for the vegetarian option and the incredible tandoori king prawn, calamari and crunchy soft shell crab in the seafood selection. It was apparent that the main course was going to be something special.

I'm not a fan of the super-hot chilli burn common in average curry dishes, but prefer a skilful combination of spices and flavours. Neha and her team are, I am pleased to say, masters at it.

The vegetarian dish was typical of the South Indian cuisine on offer, the tongue-twisting brinjal aur aloo tamatar, which was packed full of flavour and which Chef takes extra care with, as the aubergines can take a little more heat to bring them alive.

The hariyali-piaza was recommended, and certainly didn't disappoint. Almost too beautiful to eat, the succulent chicken was complemented by a timbale of rice, complete with crispy onion topping and a spicy tomato sauce for even more flavour.

I opted for the Hyderabadi chicken biryani, a regional dish and typical street food cuisine, and with its spice combination and delicious sauce it was also a winner.

Too full for dessert, we rounded off the meal with some liqueur coffees, which were also excellently presented.

The restaurant has an informal, friendly atmosphere and Neha and team would like to welcome families to dine during the summer. For the under-10s, the restaurant is offering free meals until August 30, and the kids' menu, inspired by the owners' five-year-old son, will appeal to even the fussiest eater.

This restaurant is definitely one of the best-kept secrets in the Vale. If you haven't eaten at the Indian Marigold, I suggest you pay a visit before it becomes impossible to book a table. I cannot wait to return.

CB

Starters from £4.50, main courses from £8.75.

For more information – including opening times – visit *indianmarigoldonline.com* or call 02921 321091.

A new member for business club

THE Bridgend and Vale Business Club (BVBC) was thrilled to welcome Wendy Snatchfold from The GEM as one of its members.

She joins 30 other businesses in networking and referring business to each other.

The GEM will offer great rates to members for advertising and will have exclusive coverage of the BVBC awards at the Best Western Heronston Hotel and Spa on November 2.

Wendy is pictured above with the eponymous owner of Steve Richmond Carpets, a founder member of BVBC.

The *essence* of successful Continental motoring

A GEM staffer preparing for a trip to France by road and sea this summer checked online the availability of premium (98 or 99 RON) fuel in Normandy.

To his slight surprise, he saw that the fuel labels on the Continent had changed since his sojourn there last summer.

After a *sacre bleu!* and a *zut alors!* followed by a quaintly Gallic shrug, he contacted Hayley Pells, The GEM's on-hand guru for all things automotive and a published industry expert for advice.

Here's what she had to say.

BE sure to familiarise yourself with the new fuel labels before starting your journey.

From October last year, the old labels for fuel disappeared, replacing them with the new symbols, the purpose of the new regime is to remove confusion and standardise the delivery of information to the consumer. This new method will also be displayed by the car manufacturer as well as the fuel resellers in order to make the correct identification of fuel type easier for the motorist. It will be up to the UK to decide how the rules regarding labelling will apply after Brexit.

The increase of bioethanol in petrol has been of particular interest as consumption increases in line with the drop in sales of diesel vehicles. It is anticipated that the UK will follow suit with labelling as it is currently implementing the same fuel standards here in order to help deliver the Renewable Transport Fuel Obligation in a cost-effective manner.

Described as a "no-brainer" by the BBC, the increased amount of bioethanol will deliver substantial reductions of harmful emissions, but the Department for Transport has identified potential areas that may cause damage to older cars, these could include:

Blocked fuel filters; damaged fuel pumps; degradation to flexible fuel hoses and corroded carburettors

Checking which grade fuel before starting your summer journey to Europe would be advisable, this information can be found in the owner's handbook, on newer cars it may be found within the fuel flap and if in any doubt you can contact the manufacturer's dealerships or your regular garage.

A guide to the new symbols

E5, E10 or E85 in a circle refers to petrol, the number represents the percentage of the bioethanol content. We currently use E5 in the UK and this is considered safe for older vehicles.

B7, B10 or XTL in a square for diesel, again the number represents the percentage of the bioethanol content.

Gaseous fuel will remain in the familiar lozenge, the letters representing the type of gasses available.

High times in Ho Chi Minh City

WHETHER you call it Saigon, or – to give it its full title since 1972 – Thành phố Hồ Chí Minh, this southern Vietnamese city roars a jolly path through life, the exuberance of the scooters, motorcycles, and cyclos forming what appears to be an infinite cavalcade along its French-themed boulevards.

It is the foremost business address in Vietnam, in the main driven by the ethnic Chinese community which makes up a substantial proportion of the city's eight million residents.

Despite new skyscrapers and hotels altering the modern landscape, much of the city scene is focused at pavement level, with street-food stall stalls dotting street corners and hawkers shouldering their wares, which are suspended from bamboo poles. Such sights and scents would have been familiar to Graham Greene among others in pre-war days.

A beguiling blend of the old and new and the possible, Ho Chi Minh is very much Vietnam's metropolis of the future.

Now some 110 years old, for example, the Taoist Jade Emperor Pagoda is one of the most spectacular in Asia. Its roof is covered with statues of dragons, birds, and animals, while fiendish-lookingTaoist and Buddhist deities inhabit the interior.

Carved gilt woodwork, clouds of incense and a general air of mystery combine to provide a very other-worldly ambience.

Pride of place here goes to the statue of the Jade Emperor,the Ruler of Heaven in Chinese mythology.

Supplicants will, most of the day, make their devotions Kim Hua, the goddess of fertility.

Yanluo Wang, the King of Hell, lurks nearby and together with rather explicit illustrations of the fate (think Hieronymus Bosch, but transported a few thousand miles east and you're about right) awaiting sinners in the afterlife. You have been warned...

Art and lacquerware top many shoppers' must-have lists, and there is no shortage of galleries and boutiques stocking both.

For jewellery, including made-to-order items that can be made overnight in some cases, drop by the famed Ngoc Trai shop.

Notre-Dame Cathedral Basilica of Saigon (officially – deep breath – Cathedral Basilica of Our Lady of The Immaculate Conception) and its twin spires at the northern end of Dong Khoi is unmissable, perhaps even more so now that the spires jar with the glass façade of the nearby Diamond Plaza shopping mall.

The cathedral was built in the 19th century, complete with ornate marble reliefs and stained-glass windows; it continues to be used by the city's many Roman Catholics.

Ho Chi Minh – in common with many Asian cities – loves nothing more than to party, although curfews tend to come and go at the mercurial whim of the civic authorities.

Weather permitting, little beats starting the evening with a sunset rooftop cocktail. Try Saigon Saigon for some old world (French) colonial charm, chic modern style of the Chill Skybar. Take your chances at a casino, mix with the locals at one of the many streetside beer joints, or venture down the Saigon River on a dinner cruise.

The adventurous could visit the quaintly-named – and quite legendary – Apocalypse Now bar.

Russian roulette might be your cup of tea, but I prefer the advice to "never get out of the boat".

Unless, that is, you're going all the way...

AJ

Barry Rotary Club's duck race brings

THE Rotary Club of Barry's Charity Duck Race and Summer Fete, held on Saturday 20th July at the Knap Gardens, has been hailed as a success!

The event was well supported and large crowds cheered as 2,400 ducks raced along a specially created lane in the Knap lake! The winning ducks were as follows:

1st place - Duck 1635, sponsored by Archie Merlini.

2nd place - Duck 1125, sponsored by Harrison Davies.

3rd place - Duck 109, sponsored by Griff's Garage

To add to the entertainment, there were traditional activities such as a coconut shy, craft and cake stalls plus a host of stalls provided by other local organisations. All in all fun-filled family day with a great range of free entertainment provided by the Vale Council's Sports and Development Team!

Bro Radio also supplied music and commentary throughout the day.

The president of the Rotary Club of Barry, David Jakeway, thanked all organisations and volunteers who took part and supported in various ways, and also thanked the general public who sponsored ducks and came along on the day!

Proceeds from the duck race will be used by Barry Rotary Club to support local good causes.

Vale MP Alun Cairns was among those in attendance and had the pleasure of starting this year's duck race.

People were encouraged to buy a duck ahead of the race, with the winner race awarded a first prize of £200.

Mr Cairns said: "It was a privilege to start the duck race this year. I want to say thank you to everyone who played a role in organising the event, the Rotary Club did a fantastic job again.

"There was so much for people to do throughout the day and I was particularly impressed with Motion Control Dance group, who put on an excellent performance!" *Motion Control are pictured, below, with Mr Cairns and David Jakeway.*

the crowds out to the Knap Gardens

Charity angling competition returns to Llantwit Major

OVER the past 7 yearsv £12,000 has been raised for a biofeedback machine for children suffering from bladder disorders, Cystic Fibrosis, Marie Curie, The Stroke Association, Diabetes Uk, Mental Health Awareness, Wales Air Ambulance, Jade's Wish to Walk, Ty Hafan, A Price on a Life, The Jacob Abraham Foundation and Parkinson's Uk.

This year, funds are being raised for Velindre Cancer Centre and St Barucs Ward Barry, for people with Dementia and Alzheimer's and all funds raised from the entry and raffle will be split between the two charities.

Organisers Mark Cowell and Sally Owen run these events independently, relying on donations from friends, anglers and local businesses for prizes and thank every one for their continued support as without it, the events would not be such great success.

Special thanks go the Maria Hughes of Llantwit Major Beach Cafe, who has supported the event every year donating cash prizes and allowing the cafe to be used for the book-in and presentations, local businesses Chris Davies Estate and Letting Agents, Ben's Barbers, Sunkissed Beauty and Tanning, Cafe Unwind, Coast Cafe Bar, Chris Pope Motor Services, Jay and Kelly of The Old Swan - and all the fishing tackle shops and anglers who fish and donate prizes every year.

The event will take place on Sunday, August 4 at Llantwit Major beach with cash prizes for winners. For further information or to donate a prize, contact Mark Cowell on 07721 791210 or Sally on 07773 272885.

Reading challenge

A SUMMER reading challenge takes place at Pontyclun Library, Heol-Y-Felin, CF72 9BE on July 30, August 6 and August 13 from 2.30pm - 3.30pm.

Read six library books during the holidays to complete the challenge and collect rewards along the way. There is no age restriction and the event is free. Call 01443 237843 for further information, or see *Pontyclun.library@rctcbc.gov.uk* or visit *www.pontyclun.net/library.*

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Environment and Housing
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APPLICATION DEADLINE: 31ST JULY 2019

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It may take longer to rehouse you if you are awarded medical priority as there is a shortage of accessible and adapted homes in the Vale.

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60+ Pref to apps with a medical priority

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- First Floor
- Warden/alarm

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- Level access shower
- Community Alarm
- Ramp Front
- Warden

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H4U reference 464969

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2. HEOL CAE PWLL, COLWINSTON

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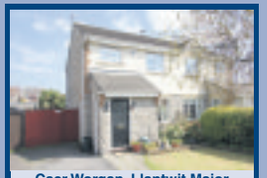

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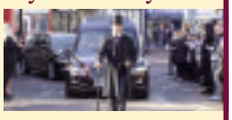

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Family Notices

HOBBS
John Barrie (Barrie)

Peacefully at Llandough Hospital on 14th July 2019, with his family present, Barrie, aged 84 years. Beloved husband of Gwyneth and the late Pam. Dear father of Neil and the late Claire Suzanne, loved bampy of Natalie, Declan and Ryan.

Barrie will be sadly missed by all his family and friends.

Resting at A.G. Adams Funeralcare until the service in the Chapel of Rest on Friday, 2nd August at 11am, followed by committal at Cardiff & Glamorgan Crematorium.

Family flowers only. Donations in lieu, if so desired, for The RNLI c/o the funeral director.

HOBBS
John Barrie (Barrie)

Dear brother-in-law to Sheila and Idris, loved uncle to Gary, Lynne and Kim. Great uncle to Liam, Stacey, Bradley and Jake.

At rest with his loved ones.

HOBBS
Barrie

Treasured memories of our beloved brother, forever in our hearts.

God Bless you Barrie,

Love as always, Enid, Norma & Pam

HOBBS
Barrie

In loving memory of a wonderful man. Beloved father of Neil & Deborah and Claire. Grandfather to Natalie & Jason, Declan & Lauren, Ryan and Brandon.

BYRNE
Luke Kevin

Tragically on 18th July 2019, Luke aged 36 years, beloved son of Adrienne and Robert. Loved partner of Gemma and adored dad of Lucas, Kyan-Luca and Codie. Much loved brother of Craig and Donna, loved grandson of Grace Fern.

Luke will be sadly missed by all his family and friends.

Resting at A.G. Adams Funeralcare until the service at All Saints Church on Friday, 9th August at 12.30pm, followed by interment at Barry Cemetery.

Flowers may be sent or donations in lieu, if so desired, for MIND c/o the funeral director.

By the families request please feel free to wear smart, casual, colourful attire .

GREENWAY
Doreen Stella (Do) (*née* Harding)

Sadly on 15th July 2019, Do, aged 86 years, beloved wife of the late Jim. Much loved mother of Kevin, Keith, Kerry and Claire. A cherished and adored grandmother and great grandmother. Also a loved sister and auntie.

Do will be sadly missed by all her family and friends.

Resting at A.G. Adams Funeralcare until the service in the Chapel of Rest on Tuesday, 30th July at 11am, followed by committal at Cardiff & Glamorgan Crematorium. Family flowers only. Donations in lieu, if so desired, for The RNLI or Ysgol Y Deri c/o the funeral director.

MERRETT
Margaret (*née* Hale)

Peacefully at University Hospital of Wales, Cardiff on 6th July 2019 Margaret (Peggy), beloved wife of the late Ray. Much loved mother of the late Nicholas and Steven, mother-in-law of Julie. A loving grandma of Helen, Adrian, Howard, Richard and Andrew. A great grandma of Matthew, Lucy, Imogen, Dylan, Harrison, Connie and Macsen.

Resting at Maesgwyn Funeral Home, Church Village until the funeral on Friday, 2nd August 2019. Service at Coychurch Crematorium, Bridgend at 3.15pm.

Family flowers only. Donations in lieu of flowers, if desired, to Ty Hafan through just giving web page.

MORRIS
Robert John

Passed away suddenly but peacefully on 16th July 2019, at the University Hospital of Wales. Loved and cherished husband of Melissa. Adored dad of Daniel, Harry, Rosie and Oscar. Beloved son of Margaret and the late Paul. Loved step son of Malcolm. Precious brother to Martine and Andrew.

Rob will be missed by all his family and friends. He will live on forever in our hearts.

Rob is resting at A.G. Adams Funeralcare until the funeral service on 31st July at 11am at A.G. Adams Chapel, followed by committal at Cardiff and Glamorgan Crematorium.

Family flowers only please .

Donations, if desired , in lieu of flowers to Marie Curie Hospice, Penarth.

The family ask that bright colours be worn.

AYRES
Peter John

Peter died peacefully on 12th July 2019 at home aged 72 years. Loving Husband of Angela, great Dad to Darren and Katrina. Former PSV Bus Driver with National Welsh.

Resting in the care of A.G. Adams Funeralcare until the service at 2pm on Tuesday, 30th July at St David's Methodist Church, Barry, followed by committal at Cardiff and Glamorgan Crematorium, Port Road, Barry.

Family flowers only. Donations if desired to the British Heart Foundation.

BUNFORD
Stephen

Passed away unexpectedly on 4th July at the University Hospital of Wales.

Funeral arrangements to follow.

DIAPER
Terry

Passed away peacefully on 20th July 2019. Beloved partner of Maureen, much loved father of Jason and Ben, devoted step father and grandfather.

Terry will be sadly missed by all who knew and loved him.

Resting at the Private Funeral Home of W. James & Sons. Funeral Monday, 5th August, service and cremation 2.15pm at Coychurch Crematorium, Bridgend.

No flowers, donations if desired to Alcoholics Anonymous in lieu of all the service and support he has given over many years.

Acknowledgements

WEIR
Philip David John (Oodle)

Val Weir, Pauline and Lynne send their heartfelt thanks for cards and letters of sympathy received on the sudden death of their dearly loved Philip.

They were quite overwhelmed by the number of lives he had touched, who attended his funeral service and donated £735 in his memory to Barry Dock RNLI.

Our thanks to Father Kevin for a beautiful service at All Saints Church and the committal at the crematorium and to Lyndsay Ellis of The Vale Funeral Service for his compassion, kindness and consideration at this very sad time.

In Memory

MR T.K. FARMAN

Born 31st July 1925
Died 14th January 2009

Many a lonely heartache, many a silent tear, but always beautiful memories of a husband, I loved so dearly.

Your ever loving wife Gwyneth and family.

Go to TheGEM for the latest stories and breaking news.. www.glamorgan-gem.co.uk

In Memory

COX
Gary

28th July 1989, aged 39 years

Barry Saints and Town Football star goalscorer.

Will never be forgotten

Greatly missed by all family and friends.

WALKER
Barbara Patricia

Her life a beautiful memory, her absence a silent grief.

Ken and family.

Birthdays

Doreen Fletcher

Happy 90th Birthday Mum

on Sunday 28th July

love and best wishes

from all your family

xxx

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Public Notice

LICENSING ACT 2003
Section 17 (5)
Notice of Application for a Premises Licence
NOTICE IS GIVEN THAT
An application has been made to Bridgend County Borough Council (the Licensing Authority) for a

PREMISES LICENCE.

To permit licensable activities which it is proposed will be carried on, on or from the premises shown below.
Details of the application may be inspected between the hours of: Monday to Thursday 0830 to 1700 hours and Friday 0830 to 1630 hours at Civic Offices, Angel Street, Bridgend, CF31 4WB or by visiting the authority's website: www.bridgend.gov.uk.
Any responsible authority or any other person may make representations in respect of the application, which must be submitted, in writing, to the following address before the date shown below:-
Licensing Section, Bridgend County Borough Council, Civic Offices, Angel Street, Bridgend, CF31 4WB
NAME OF APPLICANT: Roger Evans
NAME AND POSTAL ADDRESS OF THE PREMISES:
80 Cefn Road, Cefn Cribwr, Bridgend, CF32 0AW.
STATEMENT OF INTENDED LICENSABLE ACTIVITIES:
(1) (1) Sale of Alcohol for consumption off the premises Monday to Saturday 08.00 - 23.00 hours and Sunday 10.00 - 22.30.
DATE BY WHICH REPRESENTATIONS MUST BE MADE:
15th August 2019
This notice remains in force from and including the day after the giving of this notice to the licensing authority, namely Bridgend County Borough Council for 28 consecutive days.
It is an offence knowingly or recklessly to make a false statement in connection with an application. The maximum fine on summary conviction is £5,000.

PUBLIC NOTICE
LICENSING ACT 2003

To whom it may concern,
We, **Burnell and Homfray (Partnership),** do hereby give notice that we have applied to the licensing authority (Vale of Glamorgan Council) for the grant of a premises licence at **The Former Four Bells, Rock Road, St Athan, Barry, CF62 4PG** to be known as **The Roost on Rock Road.**
The licensable activities will be; sale or supply of alcohol **between the hours of 11:00-23:00 Monday to Thursday, 11:00-00:00 Friday and Saturday and 12:00-22:30. Performance of live music between the hours of 11:00-23:00 Monday to Thursday, 11:00-23:30 Friday and Saturday and 12:00-22:30. Sunday and playing of recorded music between the hours of 07:00-23:00 Monday to Thursday, 07:00-23:30 Friday and Saturday and 07:00-22:30 Sunday.**
Any persons wishing to make representations to this application may do so either in writing to **Licensing Department, Vale of Glamorgan Council, Civic Offices, Holton Road, Barry CF63 4RU or email to licensing@valeofglamorgan.gov.uk** not later than 28 days after the date of this Notice.
Representations received after this date will not be considered.
A copy of the application can be viewed at the Licensing Authority's address during normal office hours.
It is an offence knowingly or recklessly to make a false statement in connection with an application, the maximum fine on summary conviction being £5000.
Date: **18/07/2019**

Goods Vehicle Operator's Licence

Robbie Edwards trading as **Edwards Machinery Ltd** of **Unit 40A, Village Farm Industrial Estate, Pyle, Bridgend, CF33 6BZ** is applying to change an existing licence to use **Unit 40A, Sturmi Way, Pyle, Bridgend, CF33 6BZ** as an operating centre for **2** goods vehicles and **2** trailers.

Owners or occupiers of land (including buildings) near the operating centre(s) who believe that their use or enjoyment of that land would be affected,should make written representations to the Dfi, at Central Licensing Office, PO Box 180, Leeds, LS9 1BU, stating their reasons,within 21 days of this notice.

Representors must at the same time send a copy of their representations to the applicant at the address given at top of the top of this notice. A Guide to Making Representations is available from the website: infrastructure-ni.gov.uk/

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A fine Lady Captain's Day at Wenvoe Castle

The winning team of Jane Lott, Caroline Davies and Jill Rodgers, with Lynda Lee, the lady captain at Wenvoe Castle GC.

CAPTAIN'S Day was a special day in the calendar for Lynda Lee, this year's lady captain at Wenvoe Castle Golf Club.

The course was reserved for the lady captain to organise a competition for the lady members and follow with a welcome glass of Prosecco, an excellent lunch and distribution of the prizes.

The competition was very well supported with 34 ladies playing an 18-hole Stableford team event and importantly, a shotgun start meant all arriving back at the club house for lunch at about the same time.

The winning team were Jane Lott, Caroline Davies and Jill Rodgers with an impressive 84 points. Runners-up were Sandra Hathway, Nicola Manning and Silvia Webster scoring a total of 78 points.

Wendy Motton won a special prize for nearest the line on the 14th fairway, the ball finishing just millimetres away from the line. After the golf they were joined by the non-playing lady members, together with two New2Golf members and all sat down to lunch. Lynda thanked everyone for their support and particularly Debbie Jones and Sue Dayanandar, for setting out the excellent table decorations with 'Kiss Sepsis Goodbye' as the main theme, highlighting the support of her nominated charity Sepsis UK.

Lynda gave particular thanks to Wendy Motton and club secretary Nicola Manning, together with the club professional Jason Harris for organising the day; she expressed special appreciation of the chef and catering staff for presenting and serving an outstanding lunch. The weather conditions on the day were just perfect and Lynda thanked the greens staff for presenting the course in such superb condition. Club captain Lesley Sherrard also took part and received a surprise birthday gift from the lady members, a flowering shrub and a handmade birthday card of Wenvoe Castle Golf Club crafted by committee member Marilyn Davies.

BJ

Llantwit Major under-11s set their sights high this season

The Llantwit Major under-11 team reach the summit.

WITH the new rugby season on the horizon Llantwit Major RFC under-11s started gearing up for the pre-season with the small matter of a team walk up Pen-y-Fan.

With the incentive that this venture was also the team's first fundraiser for their 2019-20 season rugby tour, the boys had spent the previous weeks getting sponsorship money, emphasising that they were willing to work hard to go on an end of season trip.

In quite tricky conditions the boys (assisted by parents and pets) set about climbing the Welsh peak, some for the first time. With visibility restricted as they neared the summit, the group worked hard to keep together and while they couldn't enjoy the beautiful scenery, they did get the traditional team picture at the top.

All the players made it up and down safely and even better news was the fact that the team raised an incredible £900 to put towards their next tour. The under-11s will soon be announcing their plans for their tour, which is likely to be in May 2020.

The team will start pre-season training soon and the club still has spaces for new players. Training is on a Wednesday night between 7pm - 8pm and for more details see the rugby club page *llantwitmajorrfc.mywru.co.uk/teams/3589/under-11s*.

Motoring review by Tony Yates Citroen Berlingo (M) (Feel Edition) PureTech 110 S&S – 6 speed

THE design brief for the new Berlingo would have been very simple for Citroen 'build a family or leisure vehicle that you can use every day with the added ability to carry a large amount of gear – which includes the kitchen sink - and must include as many storage holes as humanly possible'. Plus, it has to drive brilliantly.

Power and Efficiency:

The new Berlingo I had on test is powered by a 110HP 1.2 litre petrol engine that performs well and I think is one of Citroen's better engines that will happily return 42.4mpg (combined).

Top speed, of course, is of no concern here, because the Berlingo was designed to be a family and adventure-friendly vehicle. But if you need to know – its top speed is around 109mph and 0-62 comes in at 11.5seconds.

The other important bits like torque figures are more relevant because of the nature of what the Berlingo will be doing and carrying. That 1.2 PureTech 3-cylinder petrol engine produces 250Nm f torque, which is great for all those green fields you will hit while you are out and about on your adventures.

On the road:

The Citroen Berlingo provides a decent ride and is actually very comfortable and well thought out. The suspension felt good with no sign of a harsh ride. Also, it actually felt very relaxing and I enjoyed driving the family around in it because it fitted in nicely with all we have to do. Plus I have to say this is a brilliant little 'driver's' car. While being easy to jump in and out of, it looks good, and it doesn't cost the earth either – which is a good thing.

Interior & Technology:

Here is a quick run through of what you can expect to find inside the new Berlingo: eight-inch touchscreen, DAB digital radio with six speakers, USB and 12 volt socket, Bluetooth® hands-free and media streaming, mirror screen – with Android Auto, leather steering wheel, Green Mica cloth, height adjustable driver's seat, two underfloor storage compartments, full width front overhead storage shelf, driver and passenger dashboard and mounted cup holders.

Plus; one touch front electric windows, variable assistance power steering, height and reach adjustable steering wheel, split folding rear seats (1/3 – 2/3), electric and heated door mirrors, two sliding side doors, pop out opening rear side windows, driver, front passenger, front lateral and curtain airbags, ABS with electronic brakeforce distribution (EBD) and emergency braking assistance (EBA), electronic stability control (ESC), unfastened seat belt warning on all seats, three rear ISOFIX mounting points, tyre pressure monitor, active Lane Keeping Assistance, Speed Limit Recognition and Active Safety Brake.

To sum up: The Citroen Berlingo is a fantastic little machine. Go and find your next adventure – you won't be disappointed.

Just so you know – both of my friends are now proud owners of a new Berlingo as their second family runaround.

Price (from) £19,425.

It's Llantwit v Llantwit in League One clash

TWO young Welsh strikers who learned to play football as youngsters in Llantwit Major will be in a League One face-off in the opening fixture of the 2019-20 season.

It is a real achievement for local sport to see Wes Burns (24) and Adam Roscrow (24) play against each other when Fleetwood Town host AFC Wimbledon on August 10.

Burns joined Fleetwood (*right, in red and white*), known as the 'Cod Army', on a permanent deal in January 2017.

He started his career in the youth set up a Bristol City, making his professional debut against Leeds United in January 2013.

Roscrow (*left, in blue*), Cardiff Met's top scorer in the Welsh Premier League last season, signed for AFC Wimbledon last month.

In signing for the League One outfit, he gave up the chance to play in the Europa League for Cardiff Met against Luxembourg's Progrès Niederkorn in the preliminary round of the tournament.

Sully Bowls Club's good local derby win

CONGRATULATIONS go to Alan Thomas, Dave Curtis and Brain Griffiths who won the county senior triples title recently.

Last Wednesday, the villagers travelled to Cadoxton for the last time before the club unites with Central to form a new club.

It is always sad to see a club go, but the green itself will not be missed.

In the Munro Cup match, a special mention goes to Eddie Pryer, who helped his rink take an eight and win 32-10, with some really good bowling on a very heavy surface.

Scores: K Mahoney, E Pryer, D Hotchkiss, D Edwardes 32-10; R Fitzjohn, R Nethercote, P Neale, A Thomas, 17-10; H Thomas, B Dascombe, A Rees, C Williams 13-17; A Kelly, H Levick Jones, J Best, T Murphy, 14-18; giving a ten point to four 76-55 win.

On Saturday, the visit of Millwood with many ex-Sully bowlers in the side, so a tough game was expected in a strong wind.

After seven ends, Sully were in control with all rinks up and 16 shots to the good.

At 14 ends Sully still up in all games, with the T Murphy rink under pressure it was 23 shots the difference.

Having made some positional changes, the selectors would have been overjoyed to see the rinks perform so well.

The Dennis Edwards rink with B Curtis, J Hubbard and C Williams goes from strength to strength with a 24-12 win.

The Brian Griffiths rink was tweaked to A Smith, M Hardy and D Hotchkiss and their best win ensued 27-16. A Rees, R Fitzjohn, A Thomas and D Curtis held on for a 20-14 win besides the skip trying the wrong bias approach, drinks all round.

Although never behind from the second end, it was all square playing the last but the home side of D Lougher, D Curtin, J Best and T Murphy took a four to win 21-17, so 14 points and a 92-59 win was a very good outcome.

This week, the villagers are home on Wednesday and Thursday and away at Llantwit Major on Saturday.

Good scoring at Brynhill

WITH overnight rain making the greens more receptive and ideal weather conditions, Brynhill Golf Club members knew there was a good score to be had out on the course.

Therefore, it was no surprise when Nick Topley picked up the Don the Fox Cup with a handicap busting net 67 and in second, just one behind, was James Lewis.

The day's best gross score was posted by Scotty Warne with a 77.

On the team front, Brynhill's Wayhackers continued their disappointing run, with only Jones and Hewlett winning in a 4-1 reverse away to a fine Celtic Manor side. The match was played over the excellent Roman Road course, which was in tournament condition following the weekend's Celebrity Cup.

With positives in short supply, the highlight for the Brynhill boys was probably the deconstructed cheesecake in the after match meal. The Barry Club welcomes Celtic Manor to Brynhill on Wednesday for the return fixture, and they'll have to up their game if they want to get anything from this match.

This Sunday, the club hosts its yearly members and guests tournament, in which members invite golfers from far and wide to take on this magnificent course.

AS

Good week for Penarth Windsor Bowling team

AFTER an early season defeat at St Fagans, the Windsor first team faced the return match without three of their stars: Messrs Woodcock, Hudson and Turnball.

However, any concerns proved ill-founded as they collected vital league points, winning by 14 shots. Leading the way was the old maestro Ken McLeod with Ellard, Morrish and Palfrey, the rink winning by 29 shots to 15.

There was another rink win for Matthews, Gooding, Rees and Carlisle by a comfortable seven shot margin.

There were, however, two rink losses: Follon, Williams, Lewis and Stevens 21-24 and for Evans, King, Thorne and Hope by 17 shots to 21.

Given the level of player unavailability last weekend, full credit must go to PG2 captain Simon Latham for managing to travel with a full team to Rectory Road.

Suffice to say that the result was a total disaster for the Windsor men and, on the assumption that the Penarth bowls correspondent will report the full details, this report will spare them double blushes.

However, full credit must go the Penarth PG2 team for a superb performance. They are deservedly riding high at the top of their division and are clearly in danger of promotion come the end of the season!

It is always pleasurable to report two excellent victories for the Windsor midweek teams.

The Alliance started things off with a win over Rhiwbina by eight shots.

Peter Collier temporarily suspended his joke-telling to concentrate on the bowls and, along with White, Hardess and Latham, came away with a 14-10 win.

Davies, Brenton, Evans and Howells won 23-18 and Johnson, Parker, Rogers and Lewis won by 21-15.

There was however defeat for Peregrine, Ellis, King and Cucciniello 12-19.

The Munro Cup team welcomed Barry Romilly to the Windsor in what is traditionally one of the toughest fixtures of the season.

However, on this occasion the team won on three rinks gaining victory by 66 shots to 57.

The winning rinks were: Woodcock M, Davies, Woodcock A, and Palfrey 22-14. Evans, Parker, Williams and Lewis 15-14. Follon, Ellis, Johnson and Turnball 22-5.

The only unsuccessful rink was Peregrine, Rogers, Thorne and Ellard losing by 24-7.

PM

Brynhill ladies' competition results for July

BRYNHILL GC ladies' section results for July are as follows:

July 2, Gloucester Bowl, winner: Lily Mae O'Carroll 46 points, runner-up: Lynda Lloyd (40).

July 2, Vets' Trophy, winner: Lynda Lloyd 40 points, runner-up: Robbie Lee (34).

July 9, Vice Captain's Comp, Silver winner: Robbie Lee 38 points (over back 6), runner-up: Linda Hewlett (38).

Bronze winner: Helena Coombes (39), runner-up: Lily Mae O'Carroll (37).

July 16, John Lowden/ Golf Foundation/ GUW Medal, winner: Jane Phillips nett 68, runner-up: Glynis Gould nett 70.

July 16, - 9 hole competition, winner: Liz Brown 17 points.

JMK

Mixed week for men's and ladies' teams at Penarth Bowling Club

GAVIN and Stacey were replaced on Barry Island by the visit of Penarth Bowling Club last Wednesday in what proved to be somewhat of a comedy of errors in the latest Munro Cup affair.

The only rink that saw the funny side of the trip was that of Nick Chandler, Bob Horne, Mike Conway and Berwyn Lansley as they triumphed by 18 shots to 13. It was a closely-fought encounter on an excellent Barry Athletic green, with the home side winning by 66-57.

Colin Grant, Phil Crocker, Ken Thorne and Terry Buckingham came closest in a tight game losing by 13 -16. Only five shots separated the Clive Fry rink while Tony Holmes lost by six shots after a great fight back from being 1-10 down at the seventh end.

On Saturday, Sully Sports came to the Rectory green for a PG1 fixture. A glorious afternoon saw Penarth take all 14 points. Some impressive bowling saw all four home rinks winning, for a margin of 97 to 58.

No one was more impressive than Colin Grant, who with the very last wood of the day drew a superb second shot to steal the win by 21-20.

Colin would like to thank his comrades Phil Crocker, Ken Thorne and Terry Buckingham for their confidence in him when faced with the final task.

Feeling more comfortable was skip Nick Chandler as with Bob Horne, Mike Conway and Berwyn Lansley they secured a 26-11 win. They were in total control throughout and never looked threatened.

The same can be said for Clive Fry, Dave Plank, Jack Beanland and Phil Davies as they strode to an equally impressive win by 26-14. Completing the onslaught was Tony Holmes, Paul Gunter, Paul Church and Russell Daniel with an 11 shot win 24-13.

PG2 captain John Whitfield was much less happy with his Saturday afternoon as his troops suffered a demoralising defeat at the hands of Ely Valley with a score line of 58-101. The spirit of PG2 games was, he felt, somewhat tainted as the home side gathered a flurry of Internationals and first team players to represent them.

However Colin Hicks, Capt John, Billy Croll and Neil Gaskell excelled on the day, taking a 10-0 lead after only four ends, eventually succeeding by 23-18.

Brian Brennan, Mike England, Haydn Trow and Dave Holdaway almost secured another two points as they came back from a six-shot deficit on the 19th end to earn a creditable draw at 21-21.

Skips Dave Dalby and Dave Clements found their opposition much too strong and were both soundly beaten.

The ladies of Rectory had a slightly less than enjoyable week as defeat ensued in two of the three games played.

The first loss against near rivals Windsor in a close encounter, but it was a win by six shots to Windsor. Wendy Grant, Sue Croll, Jill Gaskell and Chris Davies surged in to a 1-0 lead on the first end, but unfortunately that was the only time that they held the advantage, losing 15-22. Belinda Price, Kath Jenkins, Betty Jones and Chris Church managed to hold on to their lead, winning by 19-18.

The second defeat occurred at Rectory when Millwood were the visitors. The smallest of margins separated the two sides as Millwood won by 23-24. Joan Lewis, Diana Willcocks, Maureen Dalby and Anne Thomas lost by just two shots 12-14, while Jayne Edwards, June Williams, Mary Bowen and Lynda Jones were winners by one shot 11-10.

The one win of the week was worth waiting for as a resounding win at Millwood in the Afternoon League was recorded. Architects of this win was the Sue Croll, Betty Jones, Joan Lewis and Chris Church rink which strode to a 27-6 win.

Also in winning mood were Wendy Grant, Tricia Brinkworth, Jill Gaskell and Chris Davies who masterminded a 19-6 victoryand were never behind in the game. Belinda Price almost managed to snatch a win from the jaws of defeat but could only pick up a three on the last end to lose by the narrowest of margins 15-16.

NC

Museum exhibit yacht to go on display in Barry

ONE of the last remaining boats from the Barry 16 foot Restricted Dinghy Class will shortly be put on display at Barry Yacht Club.

The boat, named *Wind Song,* is presently in the ownership of the National Museum of Wales, having been donated to them in 1977 by her last sailing owner Andrew Wilkins, who lived in Barry for many years.

The boat is to be loaned to Barry Yacht Club for a period from July 27, the day of the club's regatta.

Wind Song will be housed in the old RNLI lifeboat house, located alongside the BYC clubhouse at the harbour in the dock entrance.

She will be open for public viewing between 10am and 4pm on weekends and at other times on most weekdays, following prior arrangement with the Ccub.

To make arrangements to visit the display, contact Brian Dotchon on 01446 736668, email *brian@dotchon.com* or call Barry Yacht Club on 01446 735511 or email *secretary@barryyachtclub.co.uk.*

Cowbridge ladies' team record a fine victory

FEWER matches were played last week with some good results for Cowbridge Bowls Club, and others not so good.

On Wednesday, July 17, the ladies were away to Barry Romilly in the two-rink Evening League.

Although the rink of Lynda Wilson, Gloria Howells, Helen Nixon and Joan Bradley won 15 - 12, earning three valuable away points, the other Cowbridge quartet was well beaten.

Cowbridge lost overall.

The following afternoon, in the Thursday league, all three rinks contributed to a fine win at home to Murch ladies from Dinas Powys.

Rink scores: Dorothy Pritchard, Tina Payne, Elaine Dobie and Kay Edwards 16 – 13; Diane Purnell, Sian Lewis, Phyllis Price and Lynda Wilson 18 – 9; Maggie Penn, Janet Morton, Joy Woolford and Helen Nixon 20 – 7.

Match score: Cowbridge 54 Murch 29.

The men played two midweek games, both at home, but with mixed fortunes.

The first of these was an Evening League triples game against Pontyclun.

Rink scores: Arwyn Rees, Owen Hopkin and Andrew Morgan 16 – 26; Mike Fahey, Terry Foley and Bob Penn 11 – 21; Alan Jordan, Tony Lewis and Colin Wilson 11 – 21; Ron Dobie, Guy Morton and Clive Pritchard 20 – 12.

Match score: Cowbridge 58 Pontyclun 71.

The following day Sully Sports were the visitors for a Munro Cup game.

Rink scores: Alan Jordan, Phil Woosnam, Guy Morton and Andrew Morgan 31 – 5; Terry Dunsworth, Nick Gough, Colin Wilson and Clive Pritchard 24 – 10; Gerry Lloyd, Mike Fahey, Tony Lewis and Bob Penn 29 – 6; Ron Dobie, Ken Payne, John Nixon and Roger Barwick 15 – 19.

Match score: Cowbridge 99 Sully Sports 40.

For their last game of the week, the men welcomed league leaders St Albans to Cowbridge.

St Albans had only lost one league game this season and would provide formidable opposition.

Looking across the score boards, as the game progressed, was interesting as the scores changed.

After 11 ends St Albans led by 2 shots.

After 15 ends Cowbridge led by 5.

After 18 ends it was 62 shots to each team. It was a game that could have gone either way and after the 21st and final end, Cowbridge had won on 2 rinks and St Albans had won on 2, but there was a 2-shot difference in Cowbridge's favour, plus 10 welcome points for winning overall.

Rink scores: Gerry Lloyd, Terry Foley, Andrew Morgan and Bob Penn 14 – 20; Ron Dobie, Ken Payne, Clive Pritchard and Alan Wallace 24 – 17; Mansel Davey Dennis Snelling, John Nixon and Roger Barwick 19 – 16; Terry Dunsworth, Bryan Hole, Colin Wilson and Norman Wilkinson 15 – 17.

It was truly a memorable match played in good spirit.

Next season, the teams will be in different leagues but there is already talk of getting together to play in a friendly.

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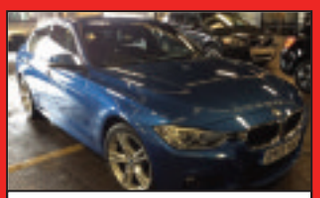
2016 (66) MERCEDES-BENZ E CLASS, 2.0 E 220 D AMG LINE AUTOMATIC 192 BHP, Diesel, Saloon, Black £20,990



2013 (13) BMW 3 SERIES 3.0 330D XDRIVE M SPORT 4d AUTO 255 BHP, Diesel, Saloon, Blue £15,990

2015 (15) MERCEDES-BENZ GLA-CLASS, 2.1 GLA220 CDI 4MATIC AMG LINE PREMIUM PLUS 5d AUTO 168 BHP, Diesel, Estate, Blue....£15,790

2014 (14) BMW 4 SERIES, 2.0 420D M SPORT 2d AUTO 181 BHP, Diesel, Coupe, Blue £14,990

2016 (66) MITSUBISHI L200, 2.4 DI-D 4WD WARRIOR DCB 1d AUTO 178 BHP, Diesel, Pick Up, White....£14,945

2017 (67) BMW 5 SERIES, 3.0 530D M SPORT 4d AUTO 261 BHP, Diesel, Saloon, Blue.....£29,790

2016 (16) NISSAN JUKE, 1.6 TEKNA XTRONIC 5d AUTO 117 BHP, Petrol, Hatchback, Black.....£10,490

2014 (14) BMW X1, 2.0 XDRIVE 20D M SPORT 5d AUTO, Diesel, Estate, Black.....£12,490

2016 (65) PEUGEOT PARTNER, 1.6 VTI SE L1 98 BHP, Petrol, Panel Van, Red £6,440

2016 (66) FIAT 500, 1.2 LOUNGE DUALOGIC 3d AUTO 69 BHP, Petrol, Hatchback, Pink £8,490

2014 (64) SKODA SUPERB, 2.0 ELEGANCE TDI CR 5d 139 BHP, Diesel, Estate, Grey £8,990

2016 (16) FORD RANGER, 3.2 WILDTRAK 4X4 DCB TDCI 1d AUTO 197 BHP, Diesel, Pick Up, Silver.....£18,445

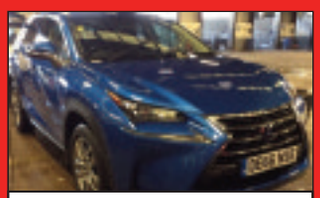
2010 (10) VAUXHALL ASTRA, 1.6 SE 5d AUTO 113 BHP, Petrol, Hatchback, Silver £4,290

2017 (17) FORD TRANSIT CONNECT, 1.5 220 P/V 1d 100 BHP, Diesel, Panel Van, White.....£11,990

2015 (15) VOLKSWAGEN BEETLE, 2.0 SPORT TDI 2d 139 BHP, Diesel, Convertible, White £14,445

2015 (65) JEEP WRANGLER, 2.8 CRD Black Edition 4dr AUTO, Diesel, 4x4, Black £22,940

2016 (66) VOLKSWAGEN GOLF, 2.0 GTD DSG 5d AUTO 182 BHP, Diesel, Hatchback, Silver.....£15,990



2016 (66) LEXUS NX, 2.5 300H LUXURY 5d AUTO 153 BHP, Hybrid Electric, Estate, Blue £24,945

2014 (14) VOLKSWAGEN TRANSPORTER SHUTTLE, 2.0 T30 TDI SHUTTLE S 5d 102 BHP, Diesel, MPV, White.....£14,990

2016 (66) MERCEDES-BENZ A CLASS, 2.1 A 200 D AMG LINE EXECUTIVE 5d 134 BHP, Diesel, Hatchback, Red.....£15,990

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2008 (08) MINI CLUBMAN, 1.6 COOPER S 5d AUTO 172 BHP, Petrol, Estate, Grey.....£5,890

2011 (61) BMW 5 SERIES, 2.0 520D M SPORT 4d AUTO 181 BHP, Diesel, Saloon, Grey £10,790

2017 (17) MITSUBISHI L200, 2.4 DI-D 4WD WARRIOR DCB 1d 178 BHP, Diesel, Pick Up, White £14,890

2017 (17) BMW 5 SERIES, 3.0 540I XDRIVE SE 4d AUTO 335 BHP, Pretol, Saloon, Blue.....£24,990

2011 (61) NISSAN QASHQAI, 1.6 N-TEC 5d 117 BHP, Petrol, Hatchback, Grey £6,990

2016 (16) BMW X3, 3.0 XDRIVE 30D M SPORT 5d AUTO 255 BHP, Diesel, Estate, Silver £20,990

2015 (15) SKODA FABIA, 1.2 SE L TSI DSG 5d AUTO 109 BHP, Petrol, Hatchback, Blue.....£8,384

2010 (60) FORD FOCUS, 1.6 TITANIUM 5d 100 BHP, Petrol, Hatchback, Grey £4,490

2011 (11) TOYOTA HI-LUX, 3.0 INVINCIBLE 4X4 D-4D DCB 1d 169 BHP, Diesel, Pick Up, Silver.....£14,990

2010 (10) FORD TRANSIT CONNECT, 1.8 T220 LR 1d 90 BHP, Diesel, Panel Van, White.....£3,990

2014 (64) VAUXHALL VIVARO, 1.6 2900 L2H1 CDTI P/V SPORTIVE 4d 114 BHP, Diesel, Panel Van, Black.....£10,990

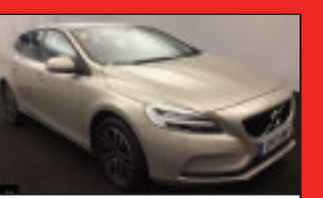
2015 (65) JAGUAR XE, 2.0 R-SPORT 4d AUTO 178 BHP, Diesel, Saloon, Blue £15,490

2007 (57) VOLKSWAGEN GOLF, 1.6 FSI MATCH FSI 5dr 115 BHP, Petrol, Hatchback, Silver.....£3,490

2012 (12) LEXUS CT, T.8 200H F SPORT AUTO 136 BHP, Hybrid Electric, Hatchback, Black.....£9,490

2009 (59) VOLKSWAGEN GOLF, 1.4 GT TSI 5d 160 BHP, Petrol, Hatchback, Red £5,290

2010 (10) MAZDA MX-5, 2.0 I ROADSTER SPORT TECH 2dr 158 BHP, Petrol, Convertible, Red £6,990



2017 (17) VOLVO V40, 1.5 T3 MOMENTUM NAV PLUS 5d AUTO 150 BHP, Petrol, Hatchback, Gold £14,790

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Glamorgan CC skipper aiming for T20 success

CAPTAIN Colin Ingram believes his experiences in Twenty20 leagues across the world have made him a better leader as he aims to end Glamorgan's wait for a Vitality Blast title.

The hard-hitting South African is one of world cricket's most travelled professionals, having played in several different T20 leagues from India to Australia and from Afghanistan to the Caribbean. It is in Wales, however, where he feels most at home and where the 34-year-old plans to set down roots in Cardiff with his family.

"(Cardiff is) my cricket home and where my family hope to settle permanently in the future," he said.

"We regard Cardiff as our second home, and it has everything you could wish for to bring up a small family."

Since arriving in Wales four years ago, Ingram has been Glamorgan's most consistent performer in T20, during which time they reached just their second Finals Day in 2017. After a winter that saw him play for the Delhi Capitals in the Indian Premier League, while he also captained Adelaide Strikers in the Big Bash, he feels ready to make an even greater mark.

"I have learnt a lot about captaincy, and what I've learnt can be put into practice at Glamorgan," he said, ahead of their home opener against Somerset last Friday evening.

Ingram found his spell with the Delhi Capitals a worthwhile learning experience, even if things did not always go his way. "It was very tough, as I had limited opportunities. I have always batted up the order, but for Delhi I was constantly coming in at number five or six with only a few runs needed to win.

"I am now back on familiar territory, and with all the experience I've gained in tournaments around the world I am hoping that can help the players and I am sure we can all enjoy a successful T20 tournament."

Lady captains go Hawaiian for special competition day

ST Athan Ladies Captains' Day is always a well supported event and joint captains Denise McGowan and Mags Vecchi were delighted to see past and present members gather to celebrate with them.

At the beginning of their tenure, Mags and Denise (*pictured below*) believed totally in the adage 'two heads are better than one', appreciating that they would be able to share the workload throughout the year. They also came up with the idea of a Hawaiian theme, so flower garlands, grass skirts, and palm trees were much in evidence.

Several of the male members were called upon to assist and the ladies were delighted to discover that their cocktail waiters were the club captain Gerald Thomas, ably assisted by greenkeeper/player Craig Sherman.

There was much hilarity on the putting green, and Hwyel Phillips-Morgan was delighted to announce Carol Jones the victor.

The format for the golf was a shotgun start Stableford competition with prizes also awarded for longest drives, nearest the pin and nearest the line. Only the width of another golf ball separated Roz Martin-Jones' ball from the line and Shirley Lewis 'smashed' the longest drive!! The 'Nearest the Pin' marker quickly became immaterial as on the seventh, Lily-Mae O'Carroll had a hole in one!

Lily-Mae could not contain her excitement as she videoed herself walking from tee to green to retrieve her ball from the cup

The clubhouse was the venue for the awards presentation and a superb buffet provided by Leanne Gordon and her team greeted the ladies. Mags and Denise ensured that the formalities were conducted prior to too many cocktails being consumed and were delighted to award a prize to Wendy Thomas for carding the best score in a nine-hole competition set up especially for the lady members who, at the present time, find playing 18 too arduous.

The main competition saw prizes going to Gill Jones and Rose Dawson, runner-up and winner respectively in the bronze division while the silver division winner was Steph Bonnar, with Lily-Mae O'Carroll as runner-up; both with 41 points so the count-back ruling came into play.

Denise and Mags would like to thank everybody for making their day so special; they recognise that there are many people 'behind the scenes' who often get overlooked and special thanks must go to those.

Denise, Mags and their fellow golfers warmly welcome anyone thinking of joining their section.

For further information, contact club manageress, Anita, on 01446 751043.

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18 18 PEUGEOT 5008 1.6 BlueHDI Allure 5dr Automatic (7-Seater), sat nav, reverse camera, 29k, black **£20995**

11 11 BMW X1 XDrive 2.0 D M Sport 5dr, 18'"alloys, heated seats, white, full leather **£8995**

15 15 VAUXHALL ASTRA 1.6 CDTI 16V EcoFlex 136 Tech Line GT 5dr, sat nav, 46k, grey **£6995**

16 66 VAUXHALL INSIGNIA 2.0 CDTI 170 SRI VX-Line 5dr Auto, 19" alloys, sat nav, cruise, 22k **£11495**

16 16 AUDI A5 2.0 TDI 190 S-Line 5dr Multi-tronic Automatic, sat nav, 37k, black, full leather **£16995**

15 64 BMW M135i 3.0 M Sports 5dr automatic (321bhp), sat nav, Bluetooth, 34k, orange, full oyster **£16495**

16 65 JEEP CHEROKEE 2.2 MultiJet 200 Limited 5dr Auto, sat nav, reverse camera, white, full leather **£14495**

16 16 NISSAN JUKE 1.5 DCI Tekna 5dr, sat nav, heated seats, 26k, choice, full leather **£7995**

16 16 VOLVO XC90 2.0 D5 R-Design 5dr AWD Geartronic Auto (7-Seater), 20"Alloys, sat nav, 42k, grey **£29995**

17 66 VW GOLF 2.0 TSI Blue Motion Tech GTI 5dr Automatic (220bhp), sat nav, cruise, heated seats, 10k, choice **£17995**

16 16 ABARTH 595 1.4 T-Jet Trofeo 3dr (140bhp), 17"alloys, Bluetooth, aux, usb, 20k, red **£8995**

17 17 AUDI Q2 1.6 TDI S-Line 5dr, Audi warranty April 2020, sat nav, cruise, Bluetooth, 17k, white, half-leather **£19495**

16 16 AUDI Q5 2.0 TDI Quattro S-Line 5dr, 19"alloys, xenons, 16k, black, full leather **£20995**

17 17 BMW 118 D M Sport 5dr Automatic, BMW warranty April 2020, sat nav, Bluetooth, cruise, blue **£13995**

16 16 BMW 220 D XDrive Luxury Gran Tourer 5dr Automatic (7-Seater), sat nav, reverse camera, heated seats, red, full leather **£13795**

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14 14 BMW 420 D M Sport Convertible Automatic, 19"alloys, sat nav, white, full leather **£15995**

16 66 BMW 430 D M Sport Gran Coupe 5dr Automatic (260bhp), BMW warranty Sept 2019, pro sat nav, reverse camera, 19"alloys, black, full leather **£18795**

16 16 BMW 430 D M Sport 2dr Coupe Automatic (260bhp), pro sat nav, xenons, 30k, grey, full leather **£19495**

18 18 BMW X1 2.0 SDrive D M Sport 5dr, BMW warranty April 2021, sat nav, heated setas, privacy glass, blue, full leather **£19795**

13 13 CITROEN DS3 CABRIO 1.6 VTI DStyle Plus 2dr, cruise, air-con, aux, usb, grey **£4495**

16 16 DS DS3 1.2 Puretech Elegance 3dr, ds warranty until June 2019, cruise, dab, 17"black alloys, 17k, yellow **£7995**

17 17 DS DS3 1.6 BlueHDI Prestige 3dr, DS warranty April 2020, sat nav, cruise, 17"alloys, yellow **£8495**

18 68 DACIA SANDERO STEPWAY 0.9 TCE Comfort 5dr, Dacia warranty Nov 2021, sat nav, air-con, 6k, white **£8995**

16 66 FIAT 500X 1.6 MultiJet Pop Star 5dr, sat nav, cruise, Bluetooth, grey **£8995**

15 65 FORD ECOSPORT 1.0 EcoBoost Titanium 5dr, Bluetooth, cruise, 25k, black, half-leather **£8495**

17 17 FORD EDGE 2.0 TDCI 180 Sport (Lux Pack) 5dr 4WD, Ford warranty July 2020, pan roof, sat nav, blue **£20995**

17 17 FORD FOCUS 1.5 TDCI 120 Zetec Edition 5dr, Ford warranty Aril 2020, sat nav, cruise, Bluetooth, choice **£9495**

18 18 FORD FOCUS 1.0 T EcoBoost ST-Line 5dr (140bhp), Ford warranty Feb 2021, sat nav, Bluetooth, 6k, choice **£13795**

18 68 FORD FOCUS 1.0 EcoBoost 125 ST-Line Nav 5dr (New Model), Ford warranty Oct 2021, sat nav, pdc, dab, 5k, blue **£17495**

16 65 FORD FOCUS 1.5 TDCI Zetec Estate, sat nav, rear park assist, white **£8495**

17 17 FORD FOCUS 1.5 TDCI 120 Titanium 5dr, sat nav, cruise, Bluetooth, 14k, choice **£10995**

17 17 FORD MONDEO 2.0 TDCI Eco Zetec Estate, sat nav, cruise, choice **£10995**

17 66 FORD S-MAX 2.0 TDCI Titanium 5dr (7-Seater), Ford warranty Feb 2020, sat nav, cruise, met red **£16995**

16 16 HONDA JAZZ 1.3 I-VTEC EX 5dr, Honda warranty June 2019, Bluetooth, reverse camera, dab, pdc, 9k, orange **£9795**

14 14 HYUNDAI SANTA FE 2.2 CRDI Premium 5dr Automatic 4WD, sat nav, reverse camera, 37k, black, full leather **£14295**

16 16 HYUNDAI TUCSON 1.7 CRDI BlueDrive Premium 5dr, Hyundai warranty July 2021, sat nav, reverse camera, 25k, black, full leather.... **£13495**

17 66 HYUNDAI TUCSON 1.7 CRD BlueDrive SE Nav 5dr, Hyundai warranty March 2022, sat nav, heated seats, reverse camera, black **£11995**

17 17 INFINITI Q30 2.2 D Premium 5dr DCT Automatic 4WD, Infiniti warranty June 2020, pan roof, sat nav, 14k, silver **£12995**

14 64 JAGUAR XF 2.2 D (200) R-Sport 4dr Automatic, sat nav, reverse camera, 20"Alloys, grey, full leather **£10995**

17 17 JAGUAR XF 2.0 D 180 Portfolio 4dr Automatic, Jaguar warranty March 2020, sat nav, reverse camera, 10k, choice, full leather **£17995**

13 63 JEEP GRAND CHEROKEE 3.0 CRD Summit 5dr Automatic 4WD, pan roof, sat nav, 42k, met red **£17995**

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16 16 KIA SPORTAGE 2.0 CRD GT-Line 5dr AWD, Kia warranty April 2019, sat nav, reverse camera, 21k, black, full leather **£14995**

17 17 KIA SPORTAGE 2.0 CRDI KX-4 AWD 5dr, pan roof, sat nav, cruise, reverse camera, 23k, choice, full leather **£16495**

17 66 LAND ROVER RANGE ROVER SPORT 4.4 SDV8 Autobiography Dynamic 5dr Automatic 4WD, Land Rover warranty Feb 2020, pan roof, rear seat entertainment, sat nav, stealth pack, 21k, silver, full leather **£47995**

16 16 MAZDA CX-5 2.2 D Sport Nav 5dr, sat nav, reverse camera, 32k, grey, full leather **£15495**

16 66 MAZDA MX-5 1.5 SE 2dr Convertible, Mazda warranty Jan 2020, air-con, usb, aux, 14k, white **£12495**

17 67 MERCEDES A180 AMG Line Executive 5dr 7G DCT Automatic (Night Pack), Mercedes warranty Oct 2020, sat nav, heated seats, 6k, white, half-leather **£18995**

16 16 MERCEDES E220 CDI Bluetec AMG Night Edition 4dr 7G-Tronic, sat nav, heated seats, blue, full leather **£14495**

16 16 MERCEDES E220 CDI BlueTec AMG Line 2dr Coupe 7G-Tronic, sat nav, 39k, black, full leather **£15995**

17 67 MERCEDES GLA220 D AMG Line 4Matic 5dr 7G Automatic, Mercedes warranty Nov 2020, cruise, 14k, black, half-leather **£20995**

12 12 MINI COUPE 1.6 (190) S 3dr, air-con, alloys, aux, 26k, blue..... **£6495**

15 65 MINI COOPER 1.5 5dr, chilli + tlc pack, cruise, Bluetooth, 14k, met blue, half-leather **£9995**

15 65 MINI COOPER 1.5 D 5dr Automatic, media pack xl – sat nav, privacy glass, chilli + tlc pack, 27k, blue **£10795**

16 66 MINI COOPER 1.5 5dr, Mini warranty Dec 2019, Bluetooth, dab, air-con, aux, usb, met blue, 27k **£10495**

17 67 MINI COOPER 2.0 S Seven 5dr (192bhp), Mini warranty Oct 2020, chilli pack, sat nav, cruise, 9k, choice, half-leather **£14495**

16 66 MINI CONVERTIBLE 2.0 S 2dr, Mini warranty Dec 2019, jcw chilli pack, sat nav, 14k, aqua, full leather **£15495**

13 63 MINI ROADSTER 1.6 Cooper S 2dr Convertible, heated seats, xenons, 49k, black, full leather **£7995**

17 67 NISSAN QASHQAI 1.5 DCI Acenta 5dr, Nissan warranty Oct 2020, cruise, Bluetooth, aux, usb, 14k, blue **£12995**

17 67 NISSAN X-TRAIL 1.6 DCI N-Vision 5dr, Nissan warranty Oct 2020, pan roof, sat nav, reverse camera, 11k, grey **£15495**

16 16 PEUGEOT 308 1.6 BlueHDI 120 Active 5dr, sat nav, cruise, pdc, 19k, black **£8795**

17 67 RENAULT CAPTUR 0.9 TCE Energy Expression + 5dr, Renault warranty Nov 2021, Bluetooth, cruise, 6k, black **£9995**

18 18 SEAT LEON 1.2 TSI SE Dynamic Technology 5dr, Seat warranty until April 2021, sat nav, cruise, 9k, choice **£11795**

18 68 SMART FORFOUR 1.0 Passion 5dr, Smart warranty Oct 2021, cruise, Bluetooth, alloys, 6k, two tone met red over silver **£6795**

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62 NISSAN QASHQAI 1.6 Accenta +2 in black, 64,000 miles, 7 seater with pan roof **£7,795**

65 SKODA FABIA 1.0 MPi SE 5-dr in black, 22.000 miles, 1 owner **£7,495**

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61 VW GOLF 2.0 TDi GTD 3 dr in black with black leather sports seats 105,000 miles **£6,995**

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14 CITROEN DS4 D-Style Air Dream 1.6 Diesel Automatic in red, low miles, low tax **£6,995**

13 MITSUBISHI ASX 1.8 Diesel 4x4 in black with leather, sat nav etc, 78,000 miles, FSH **£6,995**

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Hugh lifts the Phil Price Cup at St Mary's

FORMER captain Hugh Williams flew the flag for St Mary's senior section when he lifted the trophy in the club's Phil Price Cup competition with a fine score of 41 stableford points, five better than par and four clear of the runner-up.

Several days later, a good field of 39 members teed off in the senior section's own competition, a qualifying stableford played off the white tee boxes.

The continued fine weather encouraged good scoring and, although not quite matching the brilliance of Williams' 41 points in the Phil Price Cup, a host of players bettered the par score of 36 and a count back was necessary to separate the three leaders who were tied on 39 points.

With the abacus safely back in its box, the victory was awarded to proud Brian Peacock, with Gordon Campbell second and Gordon Martin placed third.

Twos were scored by Norman Lloyd and Dave Martin (second hole), Wayne Newton (10th), Andrew Lane (14th) and Owen Maund (18th).

NL

Brynhill GC open day is a big success

RECENTLY, Brynhill held its annual Open Day: with the course looking pristine and a day of gorgeous weather, good scores were anticipated and big hitter Craig Balchin didn't disappoint.

Winning with a solid 42 best guest was Wenvoe's Pat Regan with a fine 39.

The winner of the longest drive was Celtic Manor's Carwyn Morgan while Barry Boy Nick Daniels claimed nearest the pin on the 16th.

Sunday saw a Stableford 4 ball better ball.

The best two on the day were Ritchie Mason and wily veteran John Kirkpatrick, who came in with an impressive 45 points, two less than the second-placed pairing D Taylor and Burgoyne.

On the team front, Brynhill Halleteers went down guns blazing at Green Meadow in the cup quarter final, before losing their last home league match to Aberdare.

All games went to the wire but sadly only team captain Gratton and his partner Pudge could card a win, with Jones and Perkins scrambling a half.

This is Brynhill Hallets' first season back in the league for a number of years, so realistically it was all about building a new team.

Disaster for the (not so) Wonderful Wayfarers who lost at Radyr 5-0. It's been a hard season for the Wayfarers as they've lost many of last year's stars to handicap reduction.

Meanwhile, the Seconds fought out a draw with Dinas Powys first team, with Ham and Penberthy sadly having to concede their match and the Lundrigan-Price duo drawing, it was left to Williams and Millar to snatch the draw, which they did with a superb 4 and 3 victory.

At time of going to press no first team results were available.

AS

Party in the Park

BARRY Beavers Disabled Swimming Club's Party In the Park IV will be at Porthkerry Country Park on August 4.

Tickets **can be bought from the club this Saturday at 3.30pm for £3 per ticket at Barry Leisure Centre, or on the day too; members are free.**

NC

A tough week on the road for depleted Sully Sports Bowling Club team

SULLY Sports Bowls Club made their longest trip in their Munro Cup campaign on Wednesday, July 17 to play Cowbridge.

The fast all-weather carpet green did not suit the visitors, and the home side "made hay while the sun shone," to inflict a 99-40 defeat on the Sports.

The weakened Sports side did avoid a whitewash as Ken Agius' rink triumphed in a back to the wall effort.

On K Aguis' rink the lead changed hand six times, and with five ends left, the visitors were facing defeat, trailing by 5 shots, but the Sports took all the remaining ends to record a 19-15 win.

C Coomber's rink lost the opening five ends, and trailed by 13 shots at the halfway point, and although they shared the remaining ends, they failed to close the gap, going down 10-24.

K Roman's rink were restricted to singles on each of the six ends that they won, with the home rink playing some excellent bowls, especially home skip Bob Penn, with the result going to Cowbridge by 29-6.

A Collard's rink were also up against it, as the home outfit used their knowledge of the carpet green, bowled superbly, winning the opening seven ends, and cruising to a 31-5 victory.

Rink Scores: P Collier, D Davies, P Holland, A Collard 05-31; M Stafford, J Harries, G Tricket, K Romans 06-29; J Pearce, B Knight, G Currie, C Coomber 10-24; D Burbridge, R Gallivan, D Austin, K Agius 19-15.

Sully Sports Man-of-the-Match: D Burbridge.

On Saturday, July, 20 Sully Sports travelled to Penarth Rectory Roar in the PGIs, and found the home team in terrific form, suffering defeat on all four rinks, losing 58-96 on aggregate.

The Sports found it hard to adjust to a surprisingly slowish green that bowled, in the most part, with little width.

Aguis' rink got a single on the first end, but fell 8 shots behind by the fifth, then took 10 ends to get back into the match, to lead by one after 15 ends.

The Sports increased their lead to 4 shots with two ends remaining.

Penarth's four played a magic penultimate end to take 3 shots, and on the last end, the home skip's final wood promoted a home bowl to make 2 shots and win by 21-20; a somewhat poor return for the Sports who actually won more ends than they lost.

K Romans' rink had a poor first half, being down by 2-20 after 11 ends of fine home bowling, but improved to outscore their host over the last 10 ends, but not by enough, and eventually went down 11-25.

C Coomber's rink also won their fair share of ends, but the Penarth rink scored more heavily on the winning ends to see off the Sports by 26-14.

G Brown's rink faired similar to Coomber's, as after a sluggish start, they won nearly half the ends, but never scored more than 2 shots, whereas the home rink had a couple of 3s and a 5, to ease to a 24-13 victory.

Rink Scores: D Austin, R Gallivan, G Tricket, G Brown 13-24; A Fitt, B Knight, G Currie, C Coomber 14-26; M Stafford, P Holland, A Collard, K Agius 20-21; A Thompson, D Davies, B Whyman, K Romans 11-25.

Sully Sports Man-of-the Match: K Agius.

Next Saturday, July 27, Sully Sports host flyaway leaders Beaufort in the PG1s, and on Wednesday, July 31, host Rhoose in the Munro Cup.

The club has recently had to field weakened, inexperienced teams with the unavailability of several members due to holidays, minor ops, family functions etc, but has now got over its early season problem in fielding full teams with a slight increase in member numbers; but it's not too late for anyone to join, whether novices or veterans. Just turn up on Monday evenings for practice, or contact the club's secretary Peter Holland on 01446 622490.

MS

Cooke leads in Barry Chess Club championship

THE third round of the Barry Chess Club championship has just taken place.

Four games were completed with a further two matches postponed.

The first game to finish saw Peter Watkins putting pressure on and capturing a knight to win in 19 moves.

Shortly after that, a well-constructed attack with a queen, knight and bishop gave Ken Curry a win in only 14 moves.

Both Peter and Ken had a lot of practice last week in the South Wales International and they were both too sharp for their opponents.

The third finisher on the night was Sam White.

He had been under pressure and probably should have lost until his opponent blundered a knight!

The last game was on top board where the two highest ranked players on the night, Tom Cooke and Michael O'Leary, fought a fiercely contested match that ended in a draw.

Tom had an extra pawn but his only major piece, a bishop, was hemmed in, allowing Michael to force a repetitive position.

This is the first draw in this year's competition.

Tom leads the championship with 2.5 points from his three matches so far.

However, Dave Parsons and Martin Ricketts play one another next week and both have two points from two matches.

The Barry Chess Club meets at 7:30 pm each Monday at the West End Club, St Nicholas Road, Barry CF62 6QY.

The club is open to players of all standards; whether you are interested in playing competitive chess or just the occasional friendly games.

New players are very welcome to just turn up on the night.

For more details visit our website at *barrychessclub.yolasite.com*

Phil Jones

Barry Rugby Club take a big step up

SERIOUS training has begun at Barry Rugby Club, preparing for life in Division One for the first time.

Training is held on Tuesday and Thursday evenings from 7pm.

Barry welcome both new and old players alike and anyone interested should turn up at the club and make contact with Joel Williams.

In preparation for the season, Barry have arranged three warm up friendlies for August.

August 10 - Pontypool Utd - home; August 17 - Talywain - home; August 31 - Heol-y Cyw - away.

The club lottery rolls over to £4,850 this week after last week's numbers, 02-06-10 and 13, failed to produce a winner; no tickets matched three numbers.

AJ

Barrivale Bridge Club latest

HERE are the results for the Barrivale Bridge Club for July 16:

First, Adrian and Diana Trickey, 63.75 per cent; second, Tim Barsby and Mike Close, 58.75 per cent; three, Mark Roderick and Peter Millar, 55.83 per cent.

The handicap winners were Alan Rees and Peter Hunt.

New members at the club are always welcomed and a partner may be arranged, if required. If you would like to join us, call 01446 418380, 01446 733425, 01446 735592 or call at the Pioneer Hall, Beryl Road, Barry at 7pm on Tuesday evening.

Classes and assisted play continues on Fridays at 10am at the Pioneer Hall and on Thursdays for assisted play from 1.30pm-4pm at the Barry Uniting Church, Heol y Llongau, Barry CF63 4AP.

LH

Barry schoolboy's ice dance success

AN 11-year-old Barry schoolboy has qualified for the British Ice Dance Championships in Sheffield for the second year running.

Taliesin Sherry, a year-6 pupil at Ysgol Gymraeg Sant Baruc, moved up to the basic novice men's level this year.

In the competition he completed a swing dance, a tango and his free dance to a medley of Queen songs.

He finished in second place overall, gaining his season best score for the free dance.

He has been skating since he was five and is coached by Tracey Keeble in Cardiff.

If any local businesses or organisations are interested in sponsoring Taliesin, they can contact the family at the following email: *am-s@sky.com*.

Llantwit ladies win at Penarth

WITH the sun shining the ladies at Llantwit Major Bowling Club played for the Harry and Joan Semmens Trophy.

Marilyn, our competition secretary had us on the green at 2.30pm prompt, playing a round robin format with three in a team. After a long afternoon an outright winner emerged and Carol, our president, presented the trophy to Kay, Dilys and Julie M.

Julie G, Marilyn and Carol were pipped at the runner-up post by one point as Rhos, Rosemary and Barbara took that trophy. Congratulations to all the ladies who took part and thank you Marilyn for a well run afternoon.

On Thursday, we travelled to Penarth Windsor for our last game with them this year. Joan, Margaret, Jenny and Dilys, although winning 10 of the 18 ends, lost 13–15. Conceding two fours during the game was their downfall.

Kay, Ann, Marilyn and Julie went into the lead from the start and a four on the 16th end ensured a comfortable win by 18–12.

Carol seemed to be playing for Penarth at the start of the game, giving away two ends, but she redeemed herself on the ninth putting her very patient team of Liz, Barbara and Etta into a lead which they held to the end, winning 20–17. Well done ladies. Thank you, Windsor ladies, for a lovely friendly game and the lovely tea.

CW

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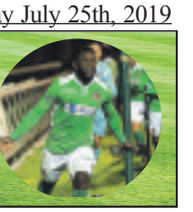

Big-hitting Rico puts the pressure on Porthcawl

PORTHCAWL'S season has nose-dived with a third successive defeat, this time to Briton Ferry, following a golden spell that saw the Seasiders in second spot and looking likely promotion candidates.

They now lie seventh and are just two places above the relegation zone.

Inconsistency in availability has led to this demise which is disappointing, as there are no stand-out sides in the division this season. Nick Morgan's side will be looking to stem the tide of losses when they travel to Neath this weekend.

Briton Ferry, who suffered relegation last season and who are looking to bounce straight back, won the toss and opted to put the hosts in and enjoyed early success as Porthcawl slumped to 64-4.

Mark Lewis, not for the first time this season, made the bowlers work hard for his wicket before falling for 20 and Nick Morgan gathered 14.

But it was left to Chris Richards and David Lewis to stage the recovery with some impressive strokes, the pair adding 66 for the fifth wicket until Richards again succumbed agonisingly four short of his half century. His 46 contained seven boundaries.

From 130-5, Lewis and Tim Richards continued the fight back with a partnership of 48.

Lewis continued his excellent season with the bat with 52, seven boundaries included.

Richards soon followed for 23, one six and three fours the highlights, but the final total of 188-9 gave the Seasiders a fighting chance of victory after a poor start.

For Ferry, Gaurav Shinde was the most successful bowler with 3-28 from eight overs while Ashleigh Griffiths took 2-37 from his 10 overs.

Mumtaz Hussain also picked up a brace of wickets for 41 and there was a wicket apiece for Shakeel Amin and Adeel Khan.

The visitors suffered an early loss as Steffan Flood brilliantly ran out opener Amat Waseem but not for the first time, Neil Baggridge proved to be a thorn in Porthcawl's side and he laid the foundation for victory with an excellent innings of 60 which included 12 fours.

He was another run-out victim, this time Nick Morgan triumphant.

He received initial support from Adeel Khan, who contributed 20 but the middle order also helped guide the visitors to victory with seven balls to spare with some consistent knocks from Stephen Richards, 19, and Amin, 11, before Shinde and skipper Hussain eased their side home with unbeaten contributions of 15 and 13.

Nineteen wides cost Porthcawl dear in an erratic performance but David Lewis was again the main threat with 2-42 from 10 overs while Tim Richards continued to take wickets, finishing 2-53 from his 9.5 overs.

None of the other bowlers took wickets but, once again, medium pacer Mark Bevan was a model of accuracy, his final figures 0-25 from 10 overs while skipper Morgan was even more frugal with superb figures of 0-13 from his 10 over spell.

Seconds v Landore

Following their magnificent victory over promotion chasing Maesteg last week, Porthcawl came back down to earth when they went down at Landore by 63 runs.

Without skipper Marc Thompson, who suffered a triple fracture of his hand at Maesteg, Josh Aubrey took over the reins for the first time and he was rewarded with three early successes as Landore stumbled to 25-3 before former first teamer Rico Pasquantonio took centre stage with a savage attack on the Seasiders' bowlers.

The hard-hitting veteran blasted a brilliant unbeaten 104 to totally change the complexion of the match.

He was well supported in a partnership of over 150 for the fourth wicket by Richard Brooks, who made a solid 46 and the progress continued with Mark Ace's unbeaten 23 as the hosts posted a formidable 214-4 from 40 overs.

Former skipper Paul Mason bowled an excellent eight over spell taking 1-24 while fellow veteran Steve Richmond twirled his leg spinners to good effect, finishing with 1-29, also from eight overs. Josh Aubrey recorded 1-37 while Joe Walters took 1-20.

Pasquantonio rubbed further salt into the visitors' wounds when he dismissed opener Steve Richmond for two before Peter Greenwood, making a welcome appearance, added 11 and Aubrey 10.

It needed a mammoth innings from one of the middle order to give Porthcawl any chance of victory and it looked as if Blair Driscoll could follow up last week's memorable undefeated 134 with another major innings.

He looked capable but perished for 40, bowled by Paul Jones who was Landore's main weapon as he ripped through the batting taking 4-20 from eight overs.

Despite an unbeaten 25 from Simon Norris, 21 from Paul Mason and a season's best 21, including four fours, from Kevin Rees, Porthcawl finished well short at 151-9.

Pasquantonio ended a remarkable personal afternoon with a superbly accurate eight over stint that yielded 2-10 and there was a wicket apiece for Mark Ace, Kevin Mears and Narendra Chinnappra.

John Edwards.

Summer success for the young Bridgend Bulls

ABOVE: The Bridgend Bulls under-14 team.

THE Bridgend Bulls under-12s are in impressive form this season, at the top of the Summer Welsh Rugby League with an impressive eight wins and two losses.

A run of six unbeaten games has seen the team go two points clear with a game in hand.

Meanwhile, the Bridgend Bulls under-14s are second in their league, with a 100 per cent record. With two games in hand and only one point behind the leaders, success is tantalisingly close.

CB

Manager pays tribute to Louis

BARRY Town United has said farewell to Louis Gerrard who joined the club from Caerau Ely in March 2016.

He proved an instant hit with the supporters due to his honest and hardworking style.

Gerrard made 83 appearances scoring 14 goals, whilst winning Division One, securing promotion to the JD Welsh Premier League and qualifying for the Europa League.

Manager Gavin Chesterfield commented: "Louis joined us at an important time and contributed hugely to our success in winning promotion to the JD Welsh Premier League and beyond.

"It's fair to say Louis would have liked to play more football in recent times.

"He leaves with nothing but fond memories of his time at Jenner Park."

Llantwit Major makes plans for this year's coastal 10k running event

WHEN the Llantwit Major 10k committee organised a race in memory of keen runner David Synan in 2015, it was expected to be a one-off event.

However, given its popularity and success, the fifth 'renewal' will take place on Saturday, August 24 on road and trails around Llantwit on a course that gives the opportunity to enjoy the spectacular views of coast and countryside.

After the recent success of the Porthcawl Healthspan 10k, running is becoming more and more popular.

A large contingemt of Llantwit Major runners – the 'Major Milers' – were prominent during the Porthcawl run.

As well as the 10k at Llantwit on August 24,, competitors can opt for the 5k event, which is attracting a number of runners who have taken part in the recent 'Couch to 5k' programme that has been organised in Llantwit by the increasingly popular Major Milers' Running Club.

A spokesperson for the club said: "Entries are increasing in number as the date of the race approaches, and it is fully expected that the maximum number of 340 competitors will be involved.

"Both races start from the rugby club at 10am and will be followed by the popular 1k Children's Fun Run at 12 noon, entries for which can be made on the day.

"All finishers will receive a bespoke medal, while winners and runners-up in the various categories will be presented with prizes.

"Entries can be made online by visiting *www.llantwitmajor10k.co.uk or myraceresult.com/121665/participants?lang=en.*

"Much of the success of this community event is due to the wonderful support given each year by the volunteers, various businesses and organisations in the town and makes for an active start to a big weekend in Llantwit Major, with the rugby club's popular Party on the Pitch being held on the following day."

JD

Bridge club news

THE results of the competition evening at the Vale of Glamorgan bridge club on July 22 are as follows:

First, Steve Burgoyne and John Evans 66.06 per cent, second Mike Pownell and John Beard 65.53 per cent, third Geoff Evans and Mike Best 62.22 per cent.

LE

Fun day remembers 'Alfie'

ON Saturday, August 3 there will be a fun day at Lawrence Park, Pontycymmer in memory of Alan 'Alfie' Parsons, who played for Pontycymmer Rugby Club, and passed away at a young age.

Gates open at 12 noon, all proceeds go to Kidney Research Wales and The BHF. Family fun and live music from 'Tattoos In High Heels'. Tthe main event, a match between Pontycymmer RFC over 35s v Ogmore Vale RFC over 35s; kick off 2.30pm.